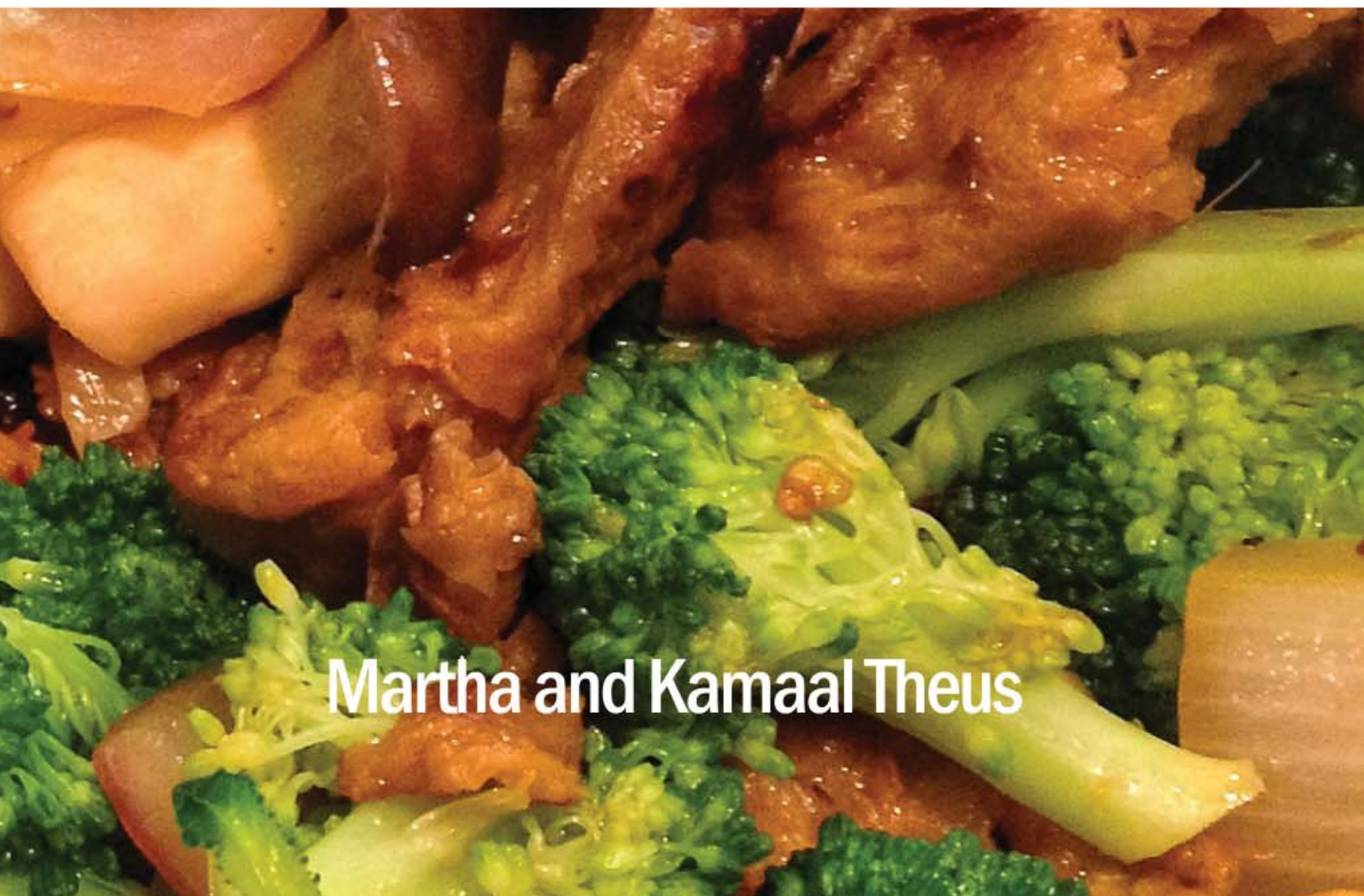




TheVeganSystem

*Our Family's Simple, Proven System to Jumpstart Your
Vegan Journey*



Martha and Kamaal Theus

TheVeganSystem

Our Family's Simple, Proven System to Jumpstart Your Vegan Journey

By

Martha Theus and Kamaal Theus

The mother-daughter team that brought you "Throwin' Down" Vegetarian Style!

THE VEGAN SYSTEM: Our Family's Simple, Proven System to Jumpstart Your Vegan Journey

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The Vegan System
Attn: Martha Theus
8939 S. Sepulveda Blvd, Suite 110-1024
Los Angeles, CA 90045
U.S.A.
www.TheVeganSystem.com

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“A journey of a **thousand miles begins with a
SINGLE STEP.”**

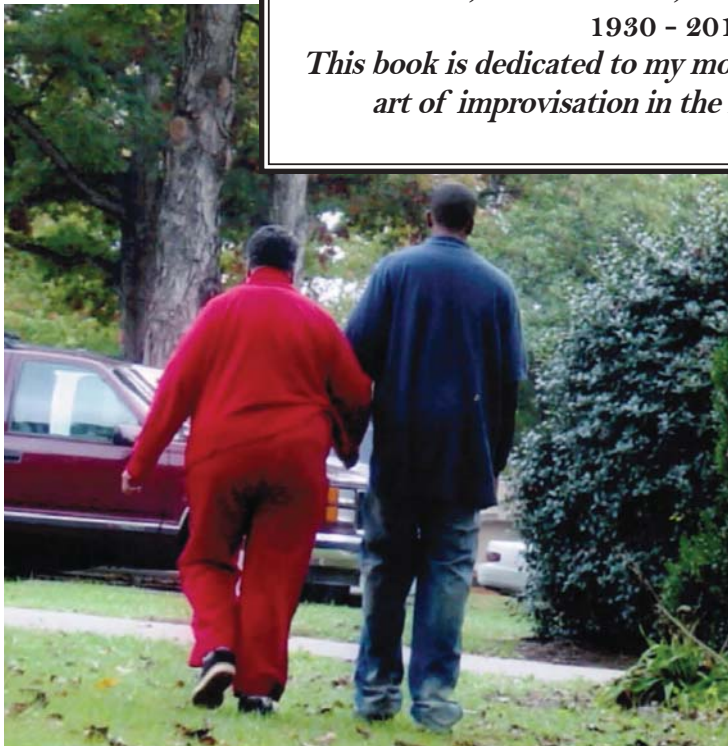
LAO-TZU, CHINESE PHILOSOPHER

“A mother is a person who seeing there are **only four pieces of pie
for five people, promptly announces she
NEVER DID CARE FOR PIE.”**

TENNEVA JORDAN



Fannie Mae Parker
Mother, Grandmother, Great-Grandmother
1930 - 2013
This book is dedicated to my mother who taught me the art of improvisation in the kitchen and in life!



“Nothing will benefit **human health and increase chances of **survival of life on earth** as much as the evolution to a **VEGETARIAN DIET.**”**

ALBERT EINSTEIN

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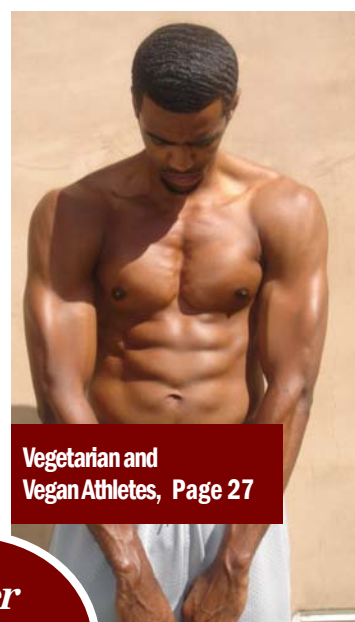
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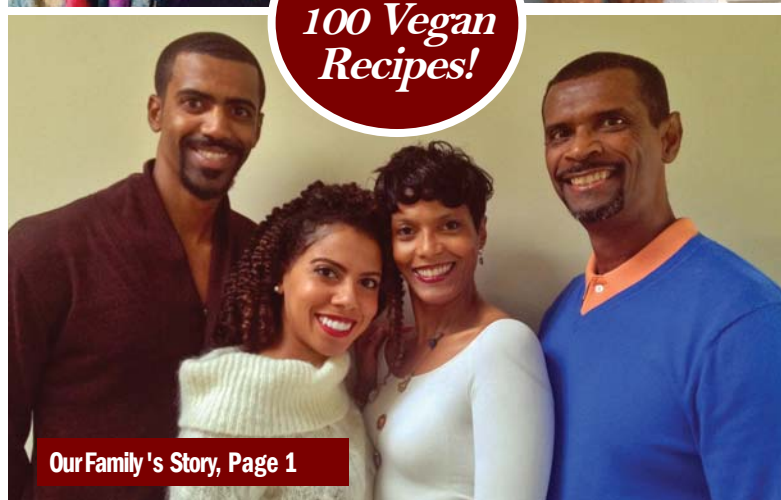


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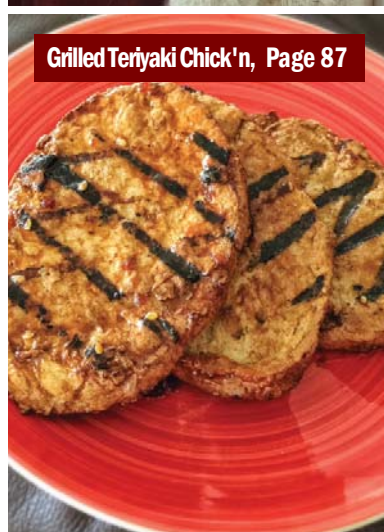


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The Vegan System *Our Family's Story*

How do we do it? How does our family live a **vegan lifestyle 24/7, 365 even when traveling, working and playing? What do we eat? **Where do we get our protein?** What did I feed the kids when they were young?**

This, and many more questions are answered, in detail, in *The Vegan System*. This is our family's "playbook" and includes the recipes that we use **EVERY SINGLE DAY**.

Vegan Soul Food - Good For The Body...Good For The Soul

It's true that many of our recipes were adapted from my mother's soul food style of cooking, but soul food for us has a double meaning. Although our recipes are healthy, they are not intentionally gluten-free, fat-free, or low carb, but they are always low karma, and must meet three criteria:

- **Is it vegan?**
- **Does it taste good?**
- **Is it organic and GMO free to the extent possible?**

This book unlocks all of the "secrets" to our family's 30+ year vegetarian lifestyle and takes the confusion and complication out of eating vegan. I use the term "secret" loosely because after you see our process you'll realize that there are no secrets – and cooking this



Londale Jr., Kamaal, Martha and Londale Sr.

way is perhaps the easiest thing you'll ever do in the kitchen. Many are based on my favorite meals from childhood that have been "**veganized.**" These include Fried Chick'n, BBQ Seitan, Macaroni and Cheese, Sweet Potatoes and even Peach Cobbler. You'll also find Pizza, Pasta, Mexican dishes and **over 100 of our family's favorite main courses, salads, sides, juices and desserts that are ALL VEGAN and typically take less than 30 minutes to prepare.**

You can do this - it's easier than you may think. Don't get caught up in the hype and talk yourself into thinking that you don't have the time, knowledge, or finances to eat vegan. At one point in my life I didn't have the time, knowledge or finances either but I did it anyway and as a result came up with a system that works wonderfully for us and may for you as well – especially nowadays with so many options and resources available in mainstream markets.

Veganize It!

Ever hear that term? It perfectly describes our approach. The genesis of our recipes is twofold; either I veganize my Mother's traditional soul food recipes or any of my other favorite ethnic dishes (Italian, Mexican, Asian, etc.), or my daughter Kamaal and I clone all of our favorite meals and find a way – many times using the plentiful vegan “mock meats” on the market today – to veganize them. It's actually quite simple and fun when you know how to do it. You don't even have to know how to cook – I didn't! Our recipes are VERY basic and are great for single people, busy moms, athletes, college students and even kids. It is actually easier than eating out and much better for you on all levels. Basically, here is what we do:

- **Pick our favorite dishes (pizza, pasta, Mexican food, my Mother's soul food, Cheesecake, etc.)**
- **Break down the elements (meat, cheese, other dairy, eggs, bread, etc.)**
- **Swap out the animal products with vegan ones**
- **Adjust the recipe and spices as necessary**

It's that simple! We will show you step-by-step how we've “veganized” our favorite foods. Once you try a couple of recipes you will see just how simple it is to do and soon you will be veganizing your own favorite meals! We've even shared our favorite vegan products in the **Vegan Product Guide (Chapter 11)**. You can think of **The Vegan System** as **Veganism 101**. It is a good, simple start that ANYONE can do.

Perhaps you want to stay at this level or perhaps you want to move on to more intricate vegan or even raw dishes. Our approach has worked for us well over the past three decades – we are not doctors, scientists or chefs but we are a completely vegetarian family (99% of the time vegan), and my husband Londale and I have raised our two children (now grown) as vegetarian since birth. We all enjoy phenomenal health and Londale and I (aged 58 and 52 respectively this year) do not have any of the ailments that afflict over 80% of African-Americans, including obesity, high blood pressure and diabetes. We are the future. I don't mean this in an egotistical way at all; it's just that the Standard American Diet (S.A.D.) is simply not sustainable for humanity as a whole and it is

making us sick. Are you, as civil rights activist Fannie Lou Hamer said, “Sick and tired of being sick and tired?” Are you confused about what and how to eat or concerned that you can't afford to make the best choices for you and your family? If so, I understand. You've come to the right place. We can help.

This book is for those of you who have decided to make a change, for the rest of your lives, for one day a week, or even just after 6pm and just need a little help and inspiration. Basically, I am writing it for me – or I should say for who I was thirty years ago. **When I first became vegetarian in April 1985 I had NO IDEA what to eat and how to cook. Let me repeat that – I DID NOT KNOW HOW TO COOK – not even meat, let alone vegetarian food.** I was too busy trying to survive growing up in and out of homelessness in Detroit and was not the least bit interested in learning to cook. On top of that, I only knew a few other people who “looked like me” that were vegetarian – one being my husband. I was raised on soul food since both of my parents were from the south, and switching from fried-meat-three-times-a-day to carrots, celery and beans did not seem too exciting. Nonetheless, the choice to become vegetarian was an ethical one and there was no turning back. By trial and error, I figured out how to honor this choice while at the same time create AMAZING dishes that satisfy even the most die-hard meat eaters, pickiest kids, and strongest athletes.

Of course you've heard that a plant-based (vegan) diet is one of the healthiest ways you can eat, and has been credited with reversing cases of diabetes, obesity, high blood pressure, heart disease and many forms of cancer. Maybe you've also heard that plant-based diets are far kinder to Mother Nature and take a much lesser toll on our natural resources than animal-based diets. Or, perhaps, as in my case, you believe that there is a very heavy ethical and moral price to pay for killing and eating living, breathing, feeling creatures, and you are no longer willing to pay that price.

Whatever your reasons, this book will not only offer a collection of our family's favorite vegan recipes that have been tested and used daily for the past 30 years, but you will also find our unique viewpoint as an African-American family, aware of the socio-economic cultural and health challenges of that affect a large component of Americans, especially Black Americans.

You see, we do not sacrifice the taste, texture or soul in our cooking, and we can show you how you can follow a plant-based diet without sacrificing your favorite dishes, or your budget. It can be done - we

will show you how our family makes a conscious, compassionate choice every time we put food in our mouths – EVERY time, for thirty years and counting... It is so much simpler than you may think. We understand that there are many, many approaches to conscious eating, and we encourage you to find YOUR PATH on this journey. What we share here is OUR PATH and we hope you find it informational, inspirational, and fun!

Family Matters

It has been eight years since our first book, *“Throwin’ Down Vegetarian Style”* was published. That book came into being because Kamaal asked me to type up our family recipes since she was on her way to college and would have to cook for herself for the first time. I realized then that I did not have a single recipe written down. I was old school and cooked the way my Mom did – just throw together ingredients that we had on hand and improvise the rest. When Kamaal was preparing to leave, we both realized that this approach was not “batonable”, in other words it could not be passed on from one person to another like a baton. So many people had asked me how we maintained a vegetarian lifestyle and, of course “what did we eat and where did we get our protein?” I had this conversation literally hundreds of times over the years but could not offer anyone a single tool or recipe. Not even my own daughter knew how to replicate our dishes. With Londale Jr. set to leave for college soon after – and to play Division 1 basketball on top of that it became crystal clear that it was time to document this stuff.

That was 2007. Since then, so much has changed with our family and with the world in general. Our first book sold out completely, and ever since we have been promising our loyal readers that another book was on the way so this is it! *The Vegan System* is a culmination of everything we have learned over these past eight years (thanks to many of you), new **ALL VEGAN** recipes, updates on the latest vegan products, and the same simple, fun, no drama approach to living this vegetarian lifestyle. Visit our website www.VeggieSoulFood.com for even more recipes and real-time updates.

The release of this book corresponds to a very important milestone in my life as I alluded to earlier – thirty years as a vegetarian! Londale and I will also celebrate thirty years of marriage this year and we



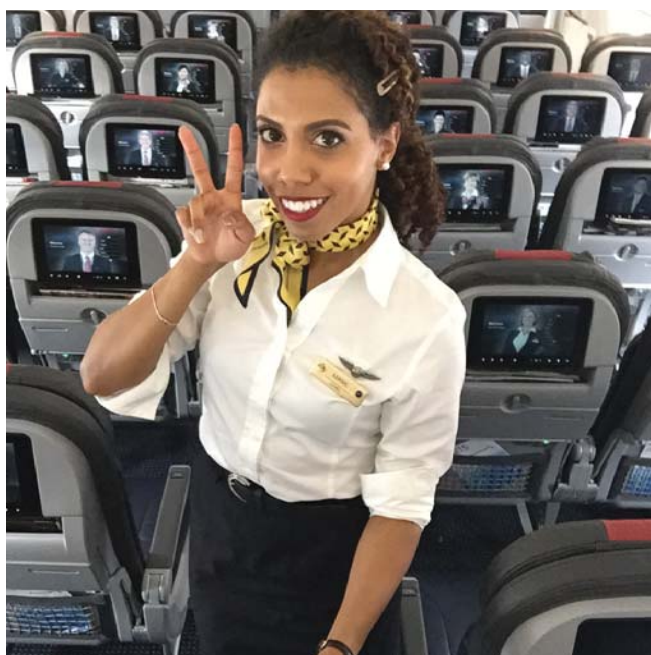
couldn't be happier. Our kids, Kamaal (my co-author again!) and Londale Jr. have finished college and have new careers (Flight Attendant and Actor/Comedian/Writer respectively). We as a family have entered into a very creative, fulfilling chapter of our lives, with Londale Sr. also acting and me spending more time writing in addition to accounting and consulting work. Here are a few more highlights about our family and our approach:

- **Our entire family is vegetarian (no meat, fish, chicken, eggs, or anything containing these ingredients), and we eat vegan nearly all the time (no dairy in addition to the above).**
- **Londale Sr. became vegetarian in 1982 for ethical reasons. We met in 1985, and I have been vegetarian since then, even throughout both pregnancies. Kamaal and Londale have been vegetarian since birth.**
- **We have lived active, “mainstream” lives; Londale was a police officer, I am still a practicing Certified Public Accountant, Londale**

Jr. played Division 1 basketball in college, and Kamaal played rugby, water polo, and even spent her freshman year studying Spanish in Costa Rica (she is bi-lingual).

- We make our own veggie meat and also use vegan “mock-meats” to veganize traditional meat-based dishes; most of the recipes take less than 30 minutes to prepare and many meat-eaters cannot tell the difference.
- We eat organic and non-GMO foods whenever possible, and eat A LOT of raw fruits and vegetables.
- We eat sweets! Our desserts are delicious and completely vegan.

In the following pages, we will share more details

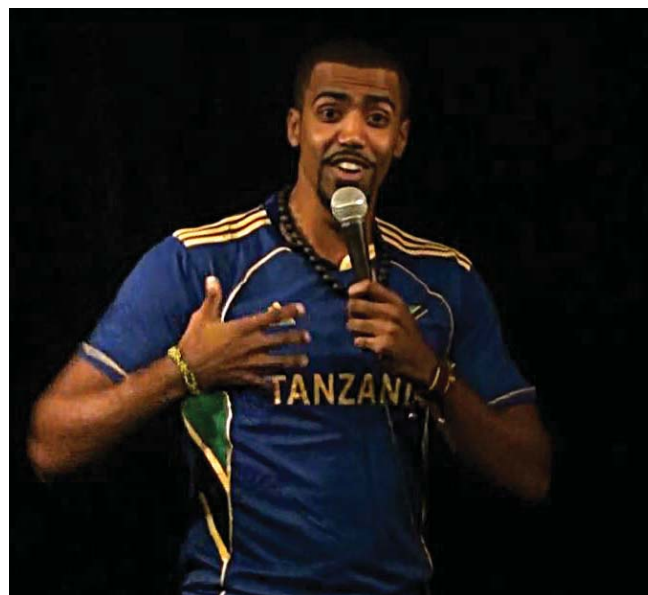


Kamaal on the job!

about our family, how we live, how we eat, and how we’ve managed to stay vegetarian all these years.

One thing I am really excited about is the recent explosion of vegetarian/vegan awareness in the world and I am so happy to be an active participant. It is absolutely amazing and will only continue to grow as more people realize the irrefutable benefits of a plant-based diet. We’ve reached the tipping point!

Thirty years ago, Londale and I used to drive



Londale Jr., Actor/Comedian
www.TallDarkAndFunny.com

nearly 25 miles to the nearest restaurant for a vegan meal and to pick up our favorite products (2 or 3 at most!) Now, within three miles of my home there is a Whole Foods Market, Trader Joe’s, Veggie Grill, and within 5 miles there is a Sprouts and even places where we can get vegan sushi and vegan pizza. Granted, we live in Southern California, but these establishments are popping up all over the world. Kamaal and I were in Vancouver and Paris recently (I love her job!) and found fully vegan restaurants in both cities – something that was unheard of even twenty years ago the last time I visited Paris.

The online explosion is even bigger. When **“Throwin’ Down” Vegetarian Style!** was released in 2007, an Amazon.com search of “ethnic” vegetarian food, or vegetarian “soul food” produced little results. Remember, in 2007 Facebook was only 3 years old (and mainly limited to college students), YouTube was 2 years old and Twitter was only a year old! It was much harder to connect with others already living a plant-based lifestyle or with those desiring to do so, and darn near impossible to find an African-American family that was completely vegetarian. I am absolutely thrilled to say that this is no longer the case thanks to others sharing their experiences via the internet and social networking. The more the merrier! I look forward to the day that this lifestyle is considered mainstream and not “alternative” or “extreme.” That day is coming, and if I don’t live to see it I absolutely believe that my children will.

Next to **“Where Do You Get Your Protein?” (Chapter**

5) the one question we are asked the most is "why are you vegetarian?" The answer as I said before is simple: for ethical reasons. We understand that there are many reasons for living a vegetarian lifestyle including health and environmental, but for us, the key to maintaining our commitment for so long, without fail, is because we made a choice based upon our spiritual beliefs which are the very foundation of our life. It affects the way we eat and how we see ourselves in God's creation. Every time we put food in our mouths we are making a moral decision and have aligned our life and our choice of food around this decision.

How did this all start, you ask? Or, as we like to say in Hollywood – what is the backstory? The backstory started with Londale Sr. in 1982. He was introduced to a spiritual path and one of the tenets was adherence to a vegetarian diet. Londale, like myself, was born and raised into a family of heavy meat-eaters. He is the second eldest of six boys, all born and raised in South Central Los Angeles, and he along with his brothers were very active and athletic. Londale went on to play Division 1 Basketball at Santa Clara University and was ultimately drafted by the NBA but he never played a game due to a career-ending ACL injury suffered the weekend of the NBA draft. After his basketball days were over, he embarked on a career in law enforcement which would last over twenty years.

In 1982, he was a Campus Police Officer at the University of Southern California. After learning about this spiritual path from a book he bought at the famous Bodhi Tree bookstore in West Hollywood, he left all meat, eggs, fish, poultry and everything containing their essence behind. In 1982 there was no Whole Foods or Trader Joe's (at least not in his neighborhood), and he was a bachelor living alone, so, being the trailblazer that he is, figured out what to eat and maintained this lifestyle even amongst the skepticism and even criticism of his family, friends and co-workers.

Fast forward to 1985. Londale was friends with an older woman (my mother – Fannie Parker) who was a cancer researcher at the USC Norris Cancer Center. They had been friends for a couple of years, and one day Fannie said to him "you should meet my daughter." I had been living in Los Angeles since



Londale Sr., Actor
www.LondaleTheus.com

graduation from the University of Michigan in 1983 and had seen Londale a few times since I carpoled with my mom to work, but we had never met. I remember seeing him the previous summer working a special security detail for the 1984 Los Angeles Olympics. He was tall, strong, impeccably dressed in police fatigues, and was on a rooftop carrying a shotgun looking for anything out of place in the Olympic Village. My first thought was "wow...that's the type of man who could protect me from anything!" I guess subconsciously I was looking for someone to "run interference" for me (no doubt remnants of my experiences growing up in Detroit with a single mom). I remember that he had on the famous "Terminator" sunglasses that Arnold Schwarzenegger wore that year and he looked like the poster of a strong, silent type. Silent being the key word here. We never spoke over the few encounters we had the next few months in the lobby of my mom's building. In fact, he says that he never even saw me!

So you can imagine my surprise when on February 14, 1985 my mother handed me a Valentine's Day card from Londale. I had no admirers so I was totally confused when she handed me the envelope. I remember thinking that it was pretty lame to get your only Valentine's Day card from your Mom! Needless to say, I was shocked. In the card (which I still have!) he "introduced" himself and gave me his number. I called him the next day.

During this conversation, everything was clicking and I was mentally checking things off my “wish list.” Then, very early in the conversation he dropped the bomb that he was vegetarian. Mentally, my mind locked up. Not only could I not imagine being vegetarian (I had not gone even one day in my life without meat up to that point), but I didn’t even know any vegetarians. Actually, I knew one – a woman, my former boss in high school who owned the ice cream parlor where I worked after school. She was Indian and practiced the Jain religion. This was in Detroit and we were in a sea of Black people and she was my one and only contact with vegetarianism. She was also quite mean. That’s all I remembered about her. She was a vegetarian and she was mean.

So here is my future knight-in-shining armor and he’s vegetarian??

WTF?? I did not see that coming! For the first time, I met someone who “looked like me” and was a vegetarian. If nothing else, that intrigued me and I had to know more. I really cannot describe what happened, but by the end of that conversation, I knew everything would be different. My life changed profoundly in that instant. I felt as though some sort of veil had been lifted and I did not look at myself, the world, or its inhabitants in the same way. I saw animals as living creatures with consciousness that were not put upon this planet simply to satisfy our appetites.

Londale and I met several times over the next few weeks and instead of traditional “dating” we were just friends and I grilled him about this philosophy and about all aspects of vegetarianism. Eventually it clicked for me and I never looked back. **On April 9, 1985 I ate my last animal at breakfast. It was a pig - or should I say part of a pig - pork chops to be exact!** Londale and I had plans to meet for lunch later that day and I don’t know what shifted in my soul between breakfast and lunch, but I ordered a fruit salad and have not eaten poultry, fish, eggs, or any type of meat since that morning thirty years ago.

The dilemma was **“now what do I eat?”** Not only did I not know how to cook (in hindsight this was a good thing) but until that point the four major food

groups for me were meat, cheese, bread and French fries. I was completely lost and would have done anything to get my hands on a book like this one! Honestly, things were a blur for a few weeks and I cannot even tell you what I ate other than veggie burgers and veggie dogs. I did not have time to research the diet and learn where to buy products or how to cook them because things started to move REALLY quickly after Londale and I met. We were married seven months later on September 14th, 1985 in Venice, California, just steps from the beach. Three days later, Kamaal was on her way to spoil our fun! Can you imagine getting married and pregnant

within the same week?

I was adjusting to my new husband, my new surroundings, my new in-laws, my new spiritual philosophy, my new diet, and my new baby growing inside of me. All of this at the tender age of twenty two. It was a lot to deal with, to say the least!

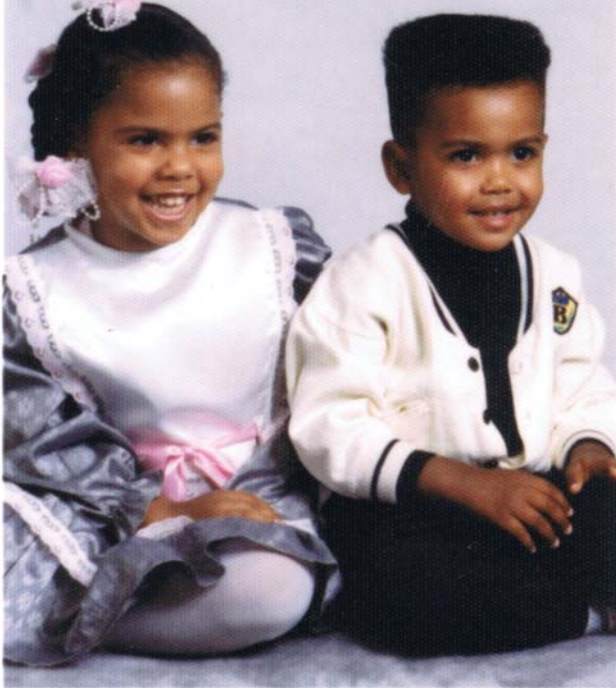
In the midst of juggling my new life I can’t say that I was a good cook, but I did start to get creative with

the vegetarian products I could find at the time. Not knowing what to do, I turned to my mom who was an excellent cook, especially traditional soul food. Not only was she a great cook, but she was very resourceful and could make something out of nothing! I remember being in awe of how she could seemingly make a five course meal out of one potato. We had many hard times in Detroit but we were never hungry and for that I am so grateful to her, and have dedicated this book in her honor

All throughout my pregnancy I maintained a strict vegetarian diet. Nearly everyone told me that it was not safe, and that my baby would not be healthy if I didn’t eat meat (in many ways 1985 was still the dark ages). I would be lying to you if I said that this did not bother me and even scare me in some way. But I KNEW that my choice was a choice for compassion and that by choosing to honor the spirit in all of God’s creatures, that He would bless me and my new baby with good health. My doctor (ironically a young University of Michigan grad) supported my decision which was a great comfort to me as well.



Our wedding day, 1985



Kamaal and Londale Jr., 1990

Kamaal was born June 6, 1986. Five months later, Londale Jr. was on his way and was born on August 25, 1987. **Between September 1985 and August 1987 I was pregnant for 18 of 23 months and did not compromise my vegetarian diet in any way.** Both of the children were completely healthy at birth and are still healthy today, after being lifelong vegetarian by THEIR CHOICE. We never forced our way of life on them we just demanded that they respect our choice and not bring meat of any kind into our home, just like alcohol and drugs were forbidden. We never fed them animals either if we consider something poison for us, why would we feed it to our kids? This is a personal choice but we made it clear as they grew older that of course they were free to choose their own path. The fact that they are still vegetarian today is a testament to them and their understanding of why we believe what we believe.

Out of curiosity one day, I asked them when they were teenagers if they ever thought about at least trying meat since they had never had it and they had always heard "you don't know what you're missing." They both looked at me like I was crazy. They told me it was disgusting and cruel, and why would they want to eat dead animals now, after all these years? Obviously, being a vegetarian did not hurt their physical development at all so why eat meat now?

One day, I was talking to Londale Jr. about it (it seems that as a young athlete, he was always explaining his diet) and he said, "Mom....think about it.....name one disadvantage to a vegetarian diet....just one", and to be honest, I couldn't. That statement made it so simple I believe my family is living proof that there are no disadvantages to the way we live our vegetarian lives.

So there you have it, this is how it all began. The story continues today – we have enjoyed normal, interesting things in life – athletic endeavors, work – domestically and abroad, birthday parties, basketball games (lots of basketball games!), vacations, school, theatre performances, etc. Our vegetarian lifestyle is a large part of our foundation and is a part of our daily life, no matter where we are or what we're doing. **It's not inconvenient. It's not extreme. It's EXTRAORDINARY!**

Fannie Mae Parker

Even though I said that this is not a diet book, I do have an interesting case study to share about my mom, Fannie Mae Parker, who as I mentioned earlier thankfully “arranged” the marriage of Londale and I. In 2010, my mother turned 80 years old and years of eating the Standard American Diet (S.A.D.) had finally caught up with her. As a young woman, she maintained a healthy weight until she had children. After she and my father divorced when I was 6 years old, things really got tough and her weight started to creep. Looking back, I now know that the emotional and financial stress of raising two girls alone, working multiple jobs, and sometimes not having access to cooking facilities in our temporary living quarters added to her health problems.

The 1970's is when we saw an explosion of fast food and it became cheaper and easier to get. Not that we had it all the time, but in hindsight we had it much more than we should have (yet still not nearly as much as most people have today!) At the time we did not know that the process of making fast food involved low quality ingredients and chemical additives that were all but guaranteed to produce negative side effects in the long run. The irony was that my Mother had a degree in Chemistry and, when she could find work, did cancer research at notable universities, including the University of Michigan and the University of Southern California where she met Londale.

Imagine spending your days researching causes of and ways to prevent cancer and spending your nights eating fast food? That pretty much summed up her life for a number of years, until ultimately her weight ballooned to 270 lbs. which led to diabetes, heart disease, high cholesterol and high blood pressure. In 2010 she was so sick that she could barely walk and take care of simple tasks, such as cook or shower. Things got so bad that it looked as though my sister and I were going to have to put her in assisted living which is something we did not want to do. As a last ditch effort, in February of that year we decided to move her close to me, and put her on a completely vegetarian diet – nothing strict, just the same meals my family and I eat.

The results were amazing. In less than two months, (at the age of 80!) she lost over 35 pounds, was able to eliminate injectable insulin (previously she was taking 3 to 4 shots a day), eliminate her cholesterol medication and reduce her blood pressure medication because her cholesterol and blood pressure were within normal range. The only thing that changed was her diet – no exercising or anything else. Her doctor was in shock. He said he had never seen such a dramatic turnaround in a woman of her age, and asked what our secret was. **My mother went from spending about \$1400/month on eleven different medications to about \$250/month on four medications.** Over the next couple of years she continued to lose weight at a more gradual rate and was even able to regain some of her independence and live in her own apartment near the beach for the next two 2 ½ years.

My mom passed away peacefully on May 7, 2013, the Tuesday before Mother's Day, at the age of 82. She was, at this point, living with my sister and she was surrounded by all of us as she passed. I am so grateful that we were by her side in her final years, and I believe that her change in diet, even so late in life, gave us a few extra months with her. It makes me a bit sad though, not because she is gone, but because I know every single day of her adult life she struggled with her weight and her illnesses. It did not completely stop her from doing what she loved in life (especially spending time with her grandkids) but it

was substantially more difficult than it had to be. She was part of that first generation that were not informed of the health risks of the Standard American Diet and eventually suffered the consequences as a result, much like the smokers of her generation were not warned about the risks of tobacco. Although we encouraged her to make a change on her own, much earlier in her life, she chose not to and did not do so until there was no other option. Either way, I'm glad she finally did. I know there are so many people who are, or have loved ones that are currently in the predicament that she was



After one of Londale Sr.'s theater performances

in. It is my sincere hope that you can find hope and inspiration in her story.

We are grateful that you took the time to learn a little more about us and hope that we can help with your vegan journey. Be sure to connect with us on social media!

Website/Blog: www.VeggieSoulFood.com

Facebook: facebook.com/21stCenturyVegetarians

Twitter: [@VegSoulFood](https://twitter.com/VegSoulFood)

Instagram: [@veggiesoulfood](https://www.instagram.com/veggiesoulfood)

2

Vegetarian Vegan Plant-Based Gluten-Free: *Defined*

Now may be a good time to clarify the definition of **vegan, vs. **vegetarian** vs. **plant-based**, vs. **gluten-free**, etc., since these terms are bantered about quite a lot in**

the media these days and clarification is surely needed. Case in point: I have a girlfriend that proudly announced to me that she is now vegan, because she only eats chicken and fish! Also, I've met quite a few people that consider themselves to be vegetarians because they only eat fish. In our opinion, and by the strictest definitions, people who eat fish or seafood are not considered to be vegetarians. As we like to say, "What plant do fish come from?" Obviously, there is quite a bit of confusion so here's our attempt at shedding some light on the subject from **our perspective**.

A **vegetarian** is someone who doesn't consume meat, poultry, pork, fish or seafood. Technically, there are three types of vegetarians; lacto vegetarians, lacto-ovo vegetarians, and vegans as illustrated in the following inset.

My family and I are lacto-vegetarians, but at least 95% of the time we follow a vegan diet. Thankfully, there are now so many amazing vegan alternatives for milk, butter and cheese (**See Chapter 11 for our Vegan Product Guide**) so we absolutely do not miss dairy at all. Personally, I feel much better having given up dairy almost exclusively about five years ago. Our recipes in this book, and on our website, are completely vegan. We all believe in the merits of the vegan diet – ethically, nutritionally, and environmentally and have updated our recipes and our lifestyle to reflect that.

Types of Vegetarians

Lacto vegetarians include dairy products in their diet, but do not eat eggs or anything that contains eggs or animal rennet. Animal rennet is obtained from the stomachs of young mammals, in most cases the source is from young calves. Rennet is used in most cheeses as an enzyme in the cheese hardening process. Many lacto vegetarians do not eat cheeses that contain animal rennet or animal enzymes. Many organic cheeses are made from vegetable enzymes and are suitable for lacto vegetarians. Normally, if the source of the enzymes is vegetarian, it will be noted in the list of ingredients.

Lacto-ovo vegetarians include dairy products and eggs in their diet.

Vegans are sometimes also referred to as "strict" vegetarians because they do not consume animal products of any kind, including butter and honey. Many vegans do not wear leather or fur.

Plant-based is a relatively new term that is used to describe a vegan diet, lifestyle or recipe comprised of ingredients completely from the plant kingdom. Basically, "plant-based" is synonymous with vegan.

What About Gluten?

Great question – before getting into that, let me make a couple of points absolutely clear: 1) **WE ARE NOT medical professionals so the information in this book is based upon OUR EXPERIENCE** and research only, and should be taken as such, and 2) we do not have any restrictions on what we eat as long as it is vegan, organic and GMO free (more on **GMO's in Chapter 3**) whenever possible, therefore many of our recipes are not gluten-free.

Gluten Sensitivity and **Celiac's Disease** have gotten a TON of press lately, but I believe there is also a lot of hype in order to sell more products. There is so much confusion surrounding this topic! What is gluten, anyway? **Gluten is a protein composite found in wheat and related grains, including barley and rye.** Many vegetarian meat substitutes, such as seitan, are made with gluten. Some people have Celiac's Disease, an autoimmune disorder in which people cannot tolerate gluten because it damages the lining of their small intestine and prevents absorption of nutrients. Other people (an estimated 18 million Americans) may be “**gluten-sensitive**” but do not actually have Celiac's Disease.

According to the National Institute of Health the only way to confirm if you have Celiac's Disease is to take a blood test and perhaps have an intestinal biopsy. Medical professionals recommend that you get tested for Celiac's Disease or gluten-sensitivity before embarking upon a gluten-free diet, as it may not necessarily be best for you if you are otherwise healthy.

There is also increasing evidence that **consuming genetically engineered foods** (foods made with genetically modified organisms – GMOs) are linked to gluten sensitivity, which does not surprise me because growing up in the 70's (when GMOs were not that prevalent) I did not know a single person who had Celiac's disease or even suffered from gluten sensitivity. I'm not saying that it didn't exist, but it definitely was not as common as it is today. Check out the article **Can Genetically Engineered Foods Trigger Gluten Sensitivity?** (<http://responsibletechnology.org/gmo-education/gluten-disorders/>) for more information.

As mentioned in **Chapter 1**, it bears repeating that our recipes were developed based on the following criteria:

- Is it vegan?
- Does it taste good?
- Is it organic and GMO free to the extent possible?

Although some of our recipes are gluten-free, this is not a criteria that we consider when we cook so we have not specifically labeled any as such. If you think you may have a gluten sensitivity, we recommend that you check with your doctor and get tested to ensure what you eat benefits your health and enhances your overall well-being.

Celiac's Disease *Fast Facts*

About 1% of Americans have Celiac's Disease and cannot tolerate gluten

About 5 - 10% of Americans have a gluten sensitivity

A blood test is required to confirm Celiac's Disease

Symptoms of Celiac's Disease or Gluten Sensitivity

- * Diarrhea
- * Stomach Upset
- * Abdominal Pain and Bloating
- * Skin Rashes

Common Myths About Going Gluten-Free

- * It is inherently healthier
- * You will lose weight
- * It is better even if you do not have a gluten sensitivity

Check out the short video **What Is Gluten?**

Mashable Explains at:

<https://www.youtube.com/watch?v=rhSnrUrJTd0>

Why Organic?

Now more than ever, it is important to eat organic whenever humanly possible. The levels of chemicals used in producing our food are at an all-time high, and these chemicals become a part of our very flesh and bones. The long term effect of this is still unraveling; but we are seeing an increase in certain diseases including obesity, attention deficit disorder and Celiac's Disease

We understand that it is not always possible to eat foods with 100% organic ingredients, but just by being informed and knowing what to look for you will automatically make better choices. Read the labels. We read EVERYTHING to make sure that we choose products with the best ingredients available. Look for "100% Organic" and "Non-GMO Certified" labels when you shop. When buying fruits and vegetables, look out for the "Dirty Dozen Plus" which are 14 foods that you should always buy organic, due to their highest

The Dirty Dozen Plus - Always Buy Organic			
1	Apples	8	Sweet Bell Peppers
2	Peaches	9	Cucumbers
3	Nectarines	10	Cherry Tomatoes
4	Strawberries	11	Snap Peas
5	Grapes	12	Potatoes
6	Celery	13	Hot Peppers
7	Spinach	14	Kale/Collard Greens

as mentioned previously. Organic eating is not a catch phrase or a fad. It is absolutely integral to good health, by ensuring that you limit the amount of unnecessary and even harmful chemicals that you consume.

What exactly does "Organic" mean? The USDA National Organic Program (NOP) defines it as follows:

Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. Organic food is produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation.

Before a product can be labeled "organic," a Government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards. Companies that handle or process organic food before it gets to your local supermarket or restaurant must be certified, too.

chance of being contaminated with pesticides and other chemicals. Considering this list, can you understand why we buy virtually everything we can organic? Most of the fruits and vegetables we eat on a daily basis are part of the "Dirty Dozen Plus." We even buy organic bananas and wheat, soy, and other products because we want to make sure to eliminate as many unnecessary chemicals from our diet as possible. Sure, it does cost a bit more but not nearly as much as dealing with health issues that may arise from an adverse reaction to additives. Also, keep in mind that organic farmers do not receive federal subsidies like conventional farmers. **When you buy organic you are paying the "true" cost of food as opposed to an artificially reduced price for chemically laced food supported by taxes and other subsidies.**



“Some people think the **plant-based, whole foods** diet is extreme.

HALF A MILLION PEOPLE

each year will **have thier chests opened up** and a vein taken from
thier leg and sewn into thier **coronary artery**.

Some people would call that

EXTREME.”

DR CALDWELL ESSELSTYN, MEDICAL DOCTOR and AUTHOR of
*PREVENT AND REVERSE HEART DISEASE: THE REVOLUTIONARY, SCIENTIFICALLY
PROVEN, NUTRITION-BASED CURE*

3

You Can't Afford **Not** To Eat Right *The True Cost of Fast Food, GMOs and Other Nasty Things*

I wish I had a dollar for every time someone said to me “I can’t afford to eat organic, or vegan, or (fill in the blank with a healthy choice)”

yet somehow they had the money to get their hair done, get a pedicure, or even buy a new car. It boggles my mind that these same women and men will pay more attention to what goes *on* their bodies than what goes *in* their bodies! It’s time to get honest. Many times it is not about the budget – it is about priorities. Either way, I’m going to show you the fallacy of thinking that fast food is cheaper and more convenient than preparing your own meals. We’ll take a look at what the true cost of fast food is and you’ll see that in reality fast food is neither fast nor cheap when you consider the time you spend in line at a drive-through or the toll it will take on your health in the short and long term.

Remember in **Chapter 1** when I said that we will take the confusion and complication out of eating vegan? Before we go into the “how” I’d like to spend a little time on the “why.” The “how” will take care of itself if your “why” is strong enough.

Back to fast food. Why do people eat it? Clearly not for the culinary experience. Primarily, there are two main reasons, or actually, “misconceptions”:

- **It’s fast and convenient**
- **It’s cheap**

Let’s take a look at these perceptions in more detail, and compare them to preparing your vegan food.

Misconception #1: Fast Food is Fast and Convenient

Imagine you’re on your lunch break – say 1 hour – and you need to grab something to eat. You have to leave your desk or workplace, drive or walk to a restaurant, stand in line or wait in the drive-thru, order your food, wait for it to be prepared, eat it and then return to work. **At best, 30 minutes of this hour is spent getting to the restaurant, waiting for your food, and returning to work, which leaves you 30 minutes to actually eat.**

For the same 30 minutes it takes you just to get lunch, you can prepare your food for the entire day, which means that **you actually SAVE time by making and packing your own food. Most of our recipes take less than 30 minutes to prepare;** the ones that take longer (such as homemade seitan) can be stored and used for several days in different dishes. Here’s our process: each morning Kamaal and I (or just one of us – depending on our travel schedule) prepare food for the entire day for our family of four, which includes two grown athletic men. This never takes longer than an hour unless we are making something for a special occasion, such as a fancy dessert. **In one hour, lunch and dinner for our entire family is done.** These meals are balanced and include a vegan protein, a starch such as rice or yams, and fresh raw vegetables and salad (we wash, chop and bag huge quantities of vegetables twice a week so that the daily salads are already prepared). For those of you thinking that I’m a kitchen wench, it’s not true. Everyone plays a part. Kamaal and I do the cooking and the guys clean up. Sometimes we switch it up (the guys can cook too!)

but most of the time she and I cook because it's fun and is our chance to share "girl time" and be creative together.

After cooking, we put the food, pre-packaged in Tupperware, on the kitchen counter or in the refrigerator so that each person can "grab-and-go" and be set for the day. This saves everyone so much time and frustration throughout the day since they don't have to "forage for food" in the spur of the moment. It worked when Londale Sr. was a Police Officer (no doughnut shops for him!) and it works today for both Jr. and Sr. as they are on set between live performances, filming or even as they commute between auditions in Los Angeles. It works perfectly for Kamaal, as a Flight Attendant, because she frequently only has a few minutes to eat between or during flights that may have her criss-crossing the country in a single 12+ hour day. Basically, what I'm saying is that if it works for our busy family it can work for you too. Our method saves time, money and frustration.

Misconception#2 – Fast Food is Cheap

This is a perception that is actually true, but not in the way you may be thinking. Fast food is cheap, in that most if not all fast food chains are owned by large corporations whose first priority is "shareholder value" which means returning the greatest profit possible to its investors. You, the consumer, are not necessarily the main priority, sorry, but that is capitalism at work. I'm not condemning it at all, no more than I would condemn the law of gravity when an apple falls from a tree. Profit maximization is a basic fact and the foundation upon which most corporations are built, and one of the easiest ways to increase profits is to cut costs.

As an accountant, I have worked my entire career in the "belly of the beast" and know all too well the cost-cutting measures corporations use to increase profits. Most of the time this is not a problem unless these measures are harmful or threaten our natural resources. In the case of fast food, I'm sorry to tell you, the cost-cutting measures of producing the cheapest food possible, and covering up the cheapness with a bunch of sugar, salt and fat are absolutely harmful to us and our environment.

For example, the cost of an average fast food lunch ranges between \$4 ~ \$7, so let's round it off at \$5 just to

keep it simple. For \$5, you can get:

- **A Burger (regular size)**
- **Fries (medium)**
- **Small Soft Drik**

Typical Fast Food Meal

Burger, Medium Fries, Small Soft Drink

- * **940 calories**
- * **49 grams of sugar**
- * **43 grams of fat (including 9 grams of saturated fat)**
- * **2,170 mg of sodium**
- * **60 grams of cholesterol**
- * **9 grams of fiber**
- * **Cheap ingredients that are not organic and most certainly infused with GMOs and a host of growth hormones and other chemicals used to get meat and produce to the market faster**

This data is from a real example, although I am not going to name the restaurant or the meal specifically because I'm not tryin' to get sued! Do your own research; the nutritional facts for most fast-food chains are freely available on the Internet.

The High Cost of Cheap Chicken

Maybe burgers are not your thing and you prefer chicken. According to a **February 2014 Consumer Reports article The High Cost of Cheap Chicken, over 97% of chicken breasts (including organic) sold at the retail level were contaminated with salmonella and other bacteria that could be dangerous and even fatal.**

This report goes on to state:

Americans buy an estimated 83 pounds of chicken per capita annually. Though 48 million people fall sick every year from eating food tainted with salmonella, campylobacter, E. coli, and other contaminants, “more deaths were attributed to poultry than to any other commodity,” according to an analysis of outbreaks from 1998 through 2008 by the national Centers for Disease Control and Prevention (CDC). (In this study) more than half of the samples contained fecal contaminants. And about half of them harbored at least one bacterium that was resistant to three or more commonly prescribed antibiotics.

Fecal contaminants!! (Lonnie used to call this “boo-boo meat!”) The report continues;

Public-health officials say they think that the resistance to antibiotics in general is such a major concern that in September the CDC released a landmark report outlining the dire threat it poses to our health. Antibiotic-resistant infections are linked to at least 2 million illnesses and 23,000 deaths in the U.S. each year. And if antibiotic-resistant bacteria continue their scary spread, they could lead to deadly infections after routine surgery or even a seemingly innocuous cut because the drugs that doctors prescribe will have lost their effectiveness.

As far as hormones and other chemicals are concerned, according to the **U. S. Food and Drug Administration (FDA)**, there are more than 3,000 substances and color additives that are approved for our foods. For meat, poultry and dairy, this includes six different steroidal hormones to enhance and expedite growth, and various antibiotics to reduce the chance of infection and contamination due to overcrowded and unsanitary factory farm conditions.

All that for 5 bucks! What a deal, right? In addition to the meal, you get excess sugar, fat, salt, GMOs, hormones, up to 3,000 additives that are approved by the FDA, antibiotics, bacteria and boo-boo! This is a literal shitstorm resulting in obesity, high blood pressure, heart disease, several types of cancer, and overall poor health, not to mention the depletion of our

natural resources, such as water since it takes so much to support the meat, poultry and dairy industry.

In consideration, is that \$5 meal really just \$5? How much will you spend in lost productivity, medications, and quality of life because you are obese or sick? This \$5 meal is actually costing you a lot more than you may realize.

But let’s say you truly only have \$5 to spend for lunch. How can you eat well for \$5? We’ll show you how. There are so many vegan options that you can prepare for even cheaper than that, and you will have CONTROL over the amount of sodium, fat, and other components of your meal. For example, **for \$8, I can make four days’ worth of seitan (lunch and dinner each day) for our family (see our recipe for Basic Seitan in Chapter 12).** Even with adding side dishes like yams or rice, and adding a fresh raw vegetable or fruit salad to each meal would be cheaper than the \$5 lunch. You can trust me on this – as I’ve said I’m an accountant and I’ve run the numbers. Once you know how to do it, **preparing your own vegan meal is:**

- **Faster and more convenient**
- **Cheaper**
- **Healthier**
- **Tastier!**

Once you get into the flow of doing so, and once you “veganize” some of your favorite dishes, you will see what I mean. For now, I just ask that you take my word for it – we’ll get into more details of the “how” in **PART 2: GET SET.**

Genetically Modified Organisms (GMOs)

What are GMOs and why do we care? According to the Non GMO Project, **GMOs, or “genetically modified organisms,” are plants or animals that have been genetically engineered with DNA from bacteria, viruses or other plants and animals.** These experimental combinations of genes from different species cannot occur in nature or in traditional crossbreeding. GMO’s were introduced into our food system in 1995 and are now found in virtually every food source that is not organic. Since the proliferation of GMOs, there has been a marked increase in food allergies, including gluten sensitivity, and other food-related issues such as

High Risk GMO Crops

Alfalfa (first planting 2011)

Canola (approx. 90% of U.S. crop)

Corn (approx. 88% of U.S. crop in 2011)

Cotton (approx. 90% of U.S. crop in 2011)

Papaya (most of Hawaiian crop; approx. 988 acres)

Soy (approx. 94% of U.S. crop in 2011)

Sugar Beets (approx. 95% of U.S. crop in 2010)

Zucchini and Yellow Summer Squash (approx. 25,000 acres)

Source: The Non GMO Project (www.nongmoproject.org)



obesity, diabetes, and even cancer.

Most developed nations do not consider GMOs to be safe. In more than 60 countries around the world, including Australia, Japan, and all of the countries in the European Union, there are significant restrictions or outright bans on the production and sale of GMOs. In the U.S., the government has approved GMOs based on studies conducted by the same corporations that created them and profit from their sale. Currently there is no U.S. legislation requiring that food manufacturers label if their products contain GMOs. The best way to avoid GMOs is to eat Certified Organic Food and look for the **"NON GMO PROJECT VERIFIED"** seal on the packaging.

The bottom line is that we are being treated as human lab rats. Our children are most at-risk since their digestive systems are still in the formation stage. Please educate yourself. See the **Appendix** for a list of resources to get more information about GMOs. We are not science experiments to benefit corporate profit!

A Heavy Price To Pay

Vegetarians and vegans are nine times less likely to be overweight than meat eaters and obesity is now the number one health crisis in the United States. According to the American Obesity Association (AOA), (www.obesity.org), **68.5% of adult Americans (over 200 million), and 20% of children are categorized as being overweight or obese. For my demographic, African American women, that number climbs to 78%.** That's nearly four of every five Black women! Each year, obesity and obesity related diseases cause at least 300,000 excess deaths in the United States, and the healthcare costs of American adults who are obese amount to approximately \$147 billion. Obesity is now an epidemic in our country and is the root cause of many of the other diseases we suffer as a nation.

Obesity is the most prevalent, fatal, chronic, relapsing disorder of the 21st century. Obesity is a leading cause of United States mortality, morbidity, disability, healthcare utilization and healthcare costs. It is likely that the increase in obesity will strain our healthcare system with millions of additional cases of diabetes, heart disease and disability.

American Obesity Association

In September 2010, a study was conducted by the Organization for Economic Cooperation and Development which stated that **three out of four Americans (75%) will be overweight or obese by 2020** (just a few years away!), and that disease rates and health care spending will balloon, unless governments, individuals and industry cooperate on a comprehensive strategy to combat the epidemic. The Paris-based organization, which brings together 33 of the world's leading economies, is better known for forecasting deficit and employment levels but the economic cost of excess weight — in health care, and in lives cut short and resources wasted — is a growing concern for many governments. **According to the OECD, the lifespan of an obese person is up to 8-10 years shorter than that of a normal-weight person, the same loss of lifespan incurred by smoking.**

In spite of all of the advancements we have made as a species, whether in the medical field, education, health and welfare, or otherwise, physically, we are in the worst shape of our lives. On average, Americans are 30% heavier than we were just one generation ago. A big factor, as discussed in this chapter, is the type of food that we eat and the way in which it is processed and prepared.

The consumption of an animal-based diet is largely to blame for this condition, as well as many other diseases. Animal foods are far less healthy than they were just a generation ago due to the many chemicals, bacteria, growth hormones, and antibiotics that are common in the meat producing industry. The flesh of the animal foods we consume are saturated with these chemicals and are, in turn, ingested by us. How can we not suffer the consequences? We are literally becoming as large and unhealthy as the cows, chickens and pigs that we are eating.

One of the consequences of obesity is diabetes. **Vegetarians and vegans are half as likely to suffer from Type 2 Diabetes as non-vegetarians.**

We hear a lot about diabetes these days, but do you really know the consequences? Why do we care? Why is diabetes so dangerous? According to a recent report issued by the State of California and the Governor's Summit on Health, Nutrition and Obesity, some of the gravest effects of diabetes are:

- **Diabetes damages organs, destroys cells, and shortens lives**
- **Diabetes is now the sixth leading cause of death in the United States**
- **Men who become diabetic by age 40 will lose more than 11 years of life, and women who become diabetic by age 40 will lose more than 14 years**
- **Diabetes increases the risk for heart disease six-fold, and multiplies the risk of stroke by four**
- **One dollar out of every seven spent on health care in this country is for diabetes treatment**
- **Each year in the U.S., 24,000 people will go blind, 28,000 will experience kidney failure, and 82,000 will have amputations – all as a direct result of diabetes.**

The good news is that Type 2 diabetes in most cases is completely manageable and at many times even preventable by:

- **Maintaining a healthy weight**
- **Increasing fruit and vegetable consumption**
- **Increasing fiber intake**
- **Decreasing fat intake, and**
- **Increasing physical exercise.**

A vegan diet addresses the first four of the five actions above. As mentioned before, vegetarians and vegans are nine times less likely to be overweight or obese than non-vegetarians and plant based foods are naturally higher in fiber, lower in fat, and contain NO cholesterol.

Vegetarians and vegans are also less likely to suffer from heart disease and cancer. **According to the American Heart Association, vegetarians have a lower risk of obesity, coronary heart disease, high blood pressure, diabetes, and some forms of cancer.**

In March 2009, the Washington Post released a story, *Dying for some red meat? You May Be*, which states that:

Eating red meat increases the chances of dying prematurely, according to a large federal study offering powerful new evidence that a diet that regularly includes steaks, burgers and pork chops is hazardous to your health.

The study of more than 500,000 middle-age and elderly Americans found that those who consumed the equivalent of about a small hamburger every day were more than 30% more likely to die during the 10 years they were followed, mostly from heart disease and cancer. Sausage, cold cuts and other processed meats increased the risk too.

Supporting these findings with even more comprehensive research, The New York Times Bestseller *The China Study*, by T. Colin Campbell, details the connection between nutrition and heart disease, diabetes and cancer and also its ability to reduce or reverse the risk or effects of these deadly illnesses. According to Dr. Campbell, **“People who ate the most animal-based foods got the most chronic disease ... People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease. These results could not be ignored.”**

In my opinion, *The China Study* is a must-read book for everyone because it cuts through the haze of misinformation and delivers an insightful message to anyone living with cancer, diabetes, heart disease, obesity, and those concerned with the effects of aging.

**“Growing old does not make us sick...
it's growing sick that
MAKES US OLD!”**

BARONESS BENITA VON KLINGSPOR, AUTHOR

4

You Are What You Eat

I firmly, unequivocally believe that human beings are herbivores. I know that we can be carnivorous, but is that our true nature?

Physiologically speaking, our bodies are designed more like herbivores than carnivores. For example, consider the following:

Humans have short, flat teeth for grinding food, as opposed to sharp fang-like teeth for ripping and shredding flesh

Humans have long, narrow, complex intestines, which are up to 25 feet long and are not designed to break down complex food such as meat. Carnivores have short, thick digestive tracks which are designed so that decaying meat can pass through quickly.

Carnivores have strong hydrochloric acid in their stomachs to aid in digesting meat. Our stomach acid is 10 – 20 times weaker. Meat putrefies in the intestines within 4 hours of eating and it is not unusual for undigested meat to remain trapped and rotting in your colon for weeks, months, and in some cases even years!

Considering the last point in particular, if you eat meat your body is literally a graveyard for dead animals. The carcasses of partially digested diseased animals are piling up in unmarked graves in the folds of your intestines. I know it's disgusting and gross but it's true. Do you now see the connection between these dead animals and the diseases that are killing us? We are turning ourselves into walking graveyards which will eventually lead us to our own graves.

There is overwhelming evidence that links the consumption of a meat diet to the maladies so many

Americans suffer from. I highly recommend reading *The China Study*, by Dr. T. Colin Campbell which details the connection between animal based diets and heart disease, cancer, diabetes, obesity and other degenerative diseases. In this expansive study, **Dr. Campbell shows how a plant-based diet can not only prevent many of these diseases, but in some cases actually reverse them!** Another book which I highly recommend is *Dr. Neal Barnard's Program for Reversing Diabetes* by Dr. Neal Barnard. This book outlines a low-fat plant-based program and offers proof that by following his plan you can **reduce your cholesterol, blood pressure, lose weight and even reverse Type II diabetes**, therefore reducing your risk of developing heart issues, nerve damage, kidney failure, blindness or having a stroke.

We are living proof that you do not need to eat animals to live and be strong and healthy. Nature is proof of this also. Did you know some of the strongest animals on earth, including cows, are herbivores?



Basically, that means if you eat red meat you are basically eating a recycled vegetarian cow, so why not just skip the recycled part and go straight to the living, fresh, nutrient dense plant-based diet in the first place?

Try the recipes in this book and you'll realize that you do not have to sacrifice taste or texture – chances are you will not even miss the meat once you step away from it.

10 Billion Lives

That's right – **10 billion animals are slaughtered each year for food in the United States alone.** Can you even wrap your mind around that number? It's staggering to say the least, and totally unnecessary! Even before they are slaughtered, most endure the horrible plight of living their entire lives in factory farms animals before they end up on your plate. These are living, breathing, sentient creatures that suffered in cramped, disgusting facilities that would be unthinkable for domesticated animals like dogs or cats. These animals can feel pain (they struggle for their lives with terror until their last breath) and some researchers believe that they feel pain on an emotional level as well.

Studies show that pigs have the intelligence of a 3 year old human. Why would you eat a pig, chicken or cow and yet not eat your dog or cat?



What's the difference? For us there is no difference. We believe strongly in animal rights for all animals. Humans are at the top of creation and we should protect animals and live in peace with them – not manufacture and cruelly destroy them at unprecedented levels.

This is a very personal choice for us and I know it's not for everyone. My goal is not to be an "angry vegan" and try to convert anyone – it's just that our approach is first and foremost to eat in a way that is compassionate and minimizes the death and suffering in this creation. A very close second is to eat in a manner that honors our body by using the very best ingredients we can find. Other than that, it's up for grabs. We don't count calories, grams of sugar or milligrams of cholesterol, which is totally unnecessary anyway because plant-based foods are naturally cholesterol free! I just wanted to make this clear before we jump into the recipes. I promise they will be delicious, easy, low in karma and high in compassion! There are so many vegan options

available, in fact we have dedicated an entire chapter to answering the question

No Meat, Now What? (Chapter 10) and have compiled a **Vegan Product Shopping Guide (Chapter 11)** with **over 150 vegan products.**

"One farmer says to me, 'You cannot live on vegetable food solely, for it furnishes nothing to make bones with;' and so he religiously devotes a part of his day to supplying his system with the raw material of bones; walking all the while he talks behind his oxen, which, with

VEGETABLE-MADE BONES,

jerk him and his lumbering plow along in spite of every obstacle."

HENRY DAVID THOREAU, WRITER

“There was a time when people ate each other. They no longer do so, but they still eat animals. The time will come when more and more people will drop this

TERRIBLE HABIT.”

LEO TOLSTOY, WRITER



BBQ Seitan Burger

5

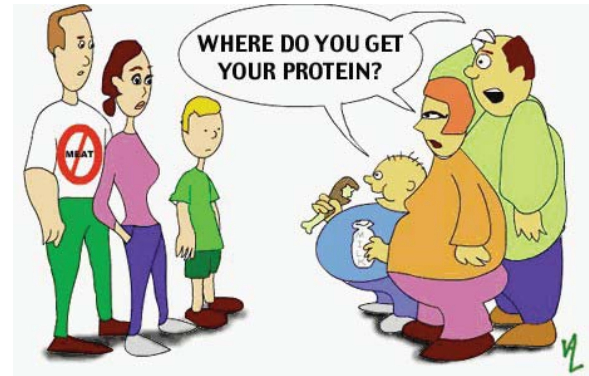
Where Do You Get Your Protein?

I absolutely positively guarantee that at least 95% of people ask me "Where do you get your protein?" as soon as they learn we are vegetarian. Then, "I used to be a vegetarian but I had to go back to eating meat because I wasn't getting enough protein."

Basically, Americans have an obsession with protein consumption – an obsession created by the meat and dairy industries that have been brainwashing us right into sickness and disease. This obsession is matched in magnitude only by misunderstanding; therefore, what we end up with is a society that is obsessed with something that they completely misunderstand. That's not a good combination!

I have found that vegetarians and non-vegetarians alike are equally obsessed (and confused) with this issue and for the most part uninformed. I am not claiming to be a medical or nutritional expert, but I am an expert at raising a healthy family. As you can see from our pictures, especially of my kids who have been vegetarian since birth, we are not lacking strength, stamina, or good health.

Would you believe that on any given day, my family gets more protein than yours? By the time you finish this chapter you will see what I mean. Not only more protein, but better protein. What exactly do I mean by better protein? Before I explain this, let's take a look at how much protein you actually need. **According to the federal guideline for Recommended Daily Allowances (RDA), the average person needs approximately 0.36 grams of protein for every pound of body weight. For vegetarians, this requirement is increased to 0.45 grams for every pound of body weight.**



For example:

**Non-vegetarian Protein Requirement for 195 lb. person:
195 pounds x 0.36 grams = 70 grams of protein per day**

**Vegetarian Protein Requirement for 195 lb. person:
195 pounds x 0.45 grams = 88 grams of protein per day**

Why do vegetarians need more protein on a daily basis than non-vegetarians? The difference has to do with animal based protein vs. plant based protein. **Plant-based protein is more easily digestible and assimilates in your system faster.** They are, however lower in certain amino acids so you have to consume more plant-based protein than animal-based protein to get the same amount of those amino acids. The most startling positive difference that should be noted is that **plant-based proteins are:**

Completely free of cholesterol and uric acid which are two components widely linked to chronic diseases, and

High in fiber which is an important factor in maintaining a healthy weight and preventing certain types of cancer

Our family eats a variety of plant-based products, as listed in **The Vegan Shopping Guide (Chapter 11)** that are extremely high in protein, in addition to nuts, and certain grains and legumes. Not only do we get more protein, but as explained previously, protein that is much easier to digest and assimilate. Still not convinced? Take a look at the chart below which compares various foods and their respective protein, cholesterol, fat, fiber and calories.

protein (including fish and eggs) contain cholesterol and have little or no fiber. According to the American Heart Association, (Americanheart.org) two of the most important factors for lowering your risk of heart disease, in addition to maintaining a healthy weight, are to reduce your cholesterol intake (to less than 200mg/day) and increase your fiber intake (at least 25 – 30g/day).

Vegetarians also have lower rates of colon cancer because they do not eat meat. According to the ADA,

PROTEIN COMPARISON CHART - SORTED BY PROTEIN LEVELS

	Description	Amount	Protein (grams)	Cholesterol (milligrams)	Fat (grams)	Fiber (grams)	Calories
Vegan	Wheat Gluten (aka Seitan)	approx 1 cup	75	0	2	1	370
Vegan	Soybeans	1 cup	68	0	37	17	830
Vegan	Lentils (raw)	1 cup	50	0	2	59	678
Vegan	Kidney Beans	1 cup	44	0	1	46	607
Vegan	Black Beans	1 cup	42	0	3	30	662
	Tuna, canned	4 oz	30	35	9	0	210
	Ground Beef Patties	4oz patty	26	95	27	0	333
Vegan	Peanut Butter, chunky	1/3 cup	24	0	50	8	589
	Salmon	4 oz	23	62	15	0	235
	Steak, Porterhouse	4 oz	23	64	17	0	252
Vegan	Tofu, raw, firm	approx 1/2 cup	20	0	11	3	183
Vegan	Tempeh	approx 1/2 cup	19	0	11	9	193
	Chicken - uncooked	1/2 breast	18	56	8	0	150
	Ham, deli slices	4 slices	18	64	10	2	183
	Turkey Breast	4 slices	14	36	1	0	87
	Eggs, whole raw	2 eggs	13	423	10	0	143
	Bacon	4 slices	11	62	34	0	351
Vegan	Walnuts	1/2 cup	9	0	38	4	383
Vegan	Brown Rice, cooked	1 cup	5	0	2	4	216

SOURCE: USDA FOOD NUTRITION INFORMATION (www.nal.usda.gov/fnic/foodcomp/search/)
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The evidence supporting the fact that consuming a plant-based diet can give you sufficient protein to build strong and healthy bodies is overwhelming. In 2003 a comprehensive study conducted by the **American Dietary Association (ADA) concluded that a vegetarian based diet was as sufficient in nutrients as an animal based diet, and was actually healthier in all major categories, and that consuming an excess amount of animal protein can actually lead to symptoms associated with kidney disease and osteoporosis** (excess protein deposited to the kidneys can cause disease and animal protein in milk can actually leech your bones of calcium).

This study also noted that **vegetarians had lower rates of cardiovascular disease primarily due to the fact that non-animal foods are completely free of cholesterol, the leading cause of heart disease.** All sources of animal

both red and white meats have been independently linked to an increased risk of colon cancer. In addition, excess consumption of dairy products and calcium have been linked to an increased risk for prostate cancer.

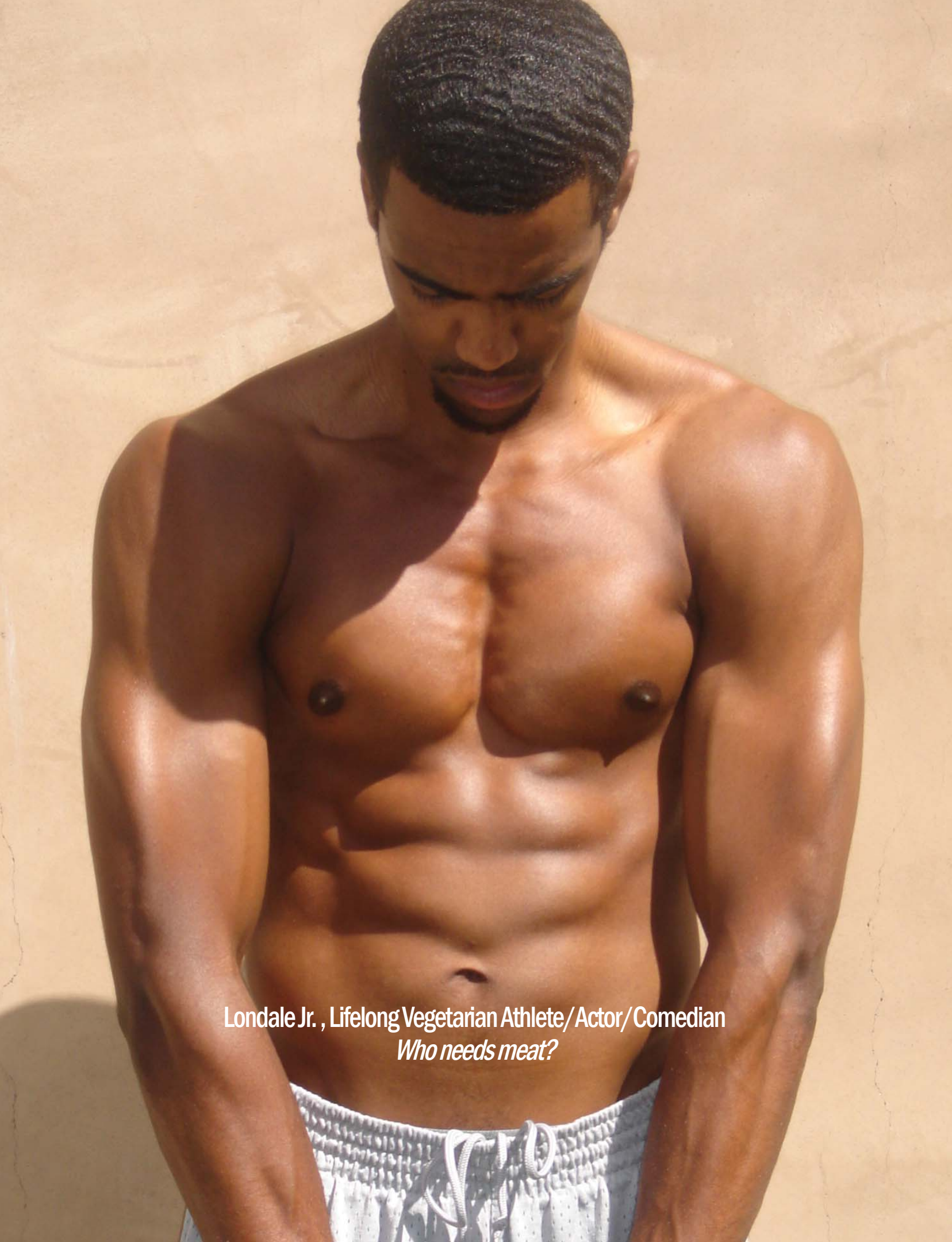
The list just keeps going and going. **The ADA also found that vegetarians are half as likely to suffer from gallstones, rheumatoid arthritis, and even dementia (Alzheimer's disease), all of which have been linked to meat based diets.** And, before you abandon meat and chicken and run out and stock up on fish, you may find it interesting to know that like meat, fish is a high cholesterol food and fish protein also supports the growth of cancer because it assists with the slow, steady buildup of heart-destroying plaque in your arteries. As if this is not bad enough, fish have another unique ingredient which is of equal cause for concern; mercury.

Mercury in food has been linked to a variety of neurological disorders and is a highly toxic substance that can easily penetrate our cells. Michael O. Leavitt, the former director of the Environmental Protection Agency (EPA) announced that fish, in almost all the lakes and rivers across our nation, were contaminated with mercury. Consequently, forty-four states have announced mercury advisories for pregnant women in the 2004 - 2005 timeframe.

As always, I encourage you to do your own research on the subject as **we are not medical professionals**. We have done our research and are physical living proof that a plant-based diet give us everything we need, and more, to stay healthy and strong.

“A misconception **remains a misconception even when it is shared by a **MAJORITY OF PEOPLE.**”**

ANONYMOUS



Londale Jr. , Lifelong Vegetarian Athlete/Actor/Comedian
Who needs meat?

6

Vegetarian and Vegan Athletes

Hopefully after reading the previous chapter you're convinced, or at least intrigued, by the research that **vegetarians and vegans can get sufficient, if not more protein in their diets than meat-eaters.**

But what about vegetarian and vegan athletes? **Surely athletes need to eat meat in order to be competitive, right? WRONG!** I have first-hand experience with this feeding vegetarian/vegan athletes since I am married to and the mother of former competitive athletes that are still in incredible athletic shape. Both Londales played basketball competitively and Londale Sr. competed in various endurance and strength events, and even **won a body-building championship.** Before getting into the research, I'd like to share a bit of our history and experience as a wife and mother of vegetarian athletes.

Vegetarian.Athlete.Cop

My husband Londale Sr., as I mentioned in **Chapter 1**, was a Police Officer when we met and subsequently spent more than twenty years in active law enforcement. During his time in the academy and on the force, Londale followed his vegetarian principles without compromise, regardless of the extreme circumstances he may have found himself in. And believe me, the circumstances were very extreme at times. I know this first hand because each year on our anniversary, if he could not get the evening off I would go to work with him on a "ride-along." I saw more shit in one night than most people see in a lifetime. And that's saying a lot considering I am from inner-city Detroit.

I was in awe of Londale considering that he had



Londale Sr. - Vegetarian since 1982

to deal with this night after night, year after year. The least I could do was make sure he had home cooked meals so he did not have to go scavenging for food in some God forsaken place in the middle of an already stress-filled night. As a member of the Crime Impact and S.W.A.T. team for a number of years, Londale had to be able to respond immediately when the team was called out, and he had to be able to perform in high-risk situations that demanded focus and strength. What if he was hungry? What if his blood sugar had dropped? Can you imagine what would happen if he were hungry and got an adrenaline rush dealing with a potentially life or death crisis? He would not have been able to perform at his peak and that could have had catastrophic consequences for him and his team.

Thankfully, he did not have to worry about this because he knew he always had the best quality food packed in his lunch box which was always no further than the trunk of his squad car. This meant that seven days a week, 365 days a year, I prepared Londale's lunch and dinner, or made arrangements (with my Mom or Kamaal) for him if I was traveling for business. This routine started with cooking some

days as early as 4:00am, before he left for work and before I had to get the kids ready for school and then off to work myself at 6:45am. I did this for years until he retired from active service to pursue various entrepreneurial ventures, and ultimately acting. Not only did I do it, but I did so with pleasure. What better way to show your family that you care?

This commitment on both of our parts has and continues to pay huge dividends. Londale is still is the picture of health and at 58 years of age can easily pass for a man at least ten years younger. He suffers none of the maladies of men (particularly African American men) his age and has excelled in numerous athletic competitions, including **winning the “Toughest Cop Alive” (a decathlon for Police Officers) in the 1995 California Police Olympics, and winning a gold medal in bodybuilding in the 1996 games at the age of 39.** He is also an expert in martial arts, and holds a **black belt in Krav Maga**, the world renowned self-defense system that is used by the Israeli military and is the basis for many fight scenes used in Hollywood blockbusters. His proficiency in Krav Maga led to transitioning out of active law enforcement and serving as the Director of Force Training for Krav Maga Worldwide, where he shared his expertise and street knowledge teaching the lifesaving system to hundreds of fellow officers domestically and abroad.

Before embarking on a career in law enforcement, Londale Sr. was a nationally recognized Division 1 basketball player and was drafted by the NBA in 1980. An ACL injury right before training camp ended his career so he never played in an actual NBA game. NOTE: his injury in 1980 was BEFORE becoming vegetarian in 1982. I want to make this clear because in the 30+ years he has been vegetarian, we have heard multiple times, “Do you think being vegetarian had anything to do with you tearing your ACL?”, or “Sure, he is in great shape now, but he was not vegetarian for the first 23 years of his life so eating meat must have given him a strong foundation.”

I have to admit, the last comment was a bit hard

to refute for a number of years because although we had raised Kamaal and Londale Jr. as vegetarians, they were children so enough time had not passed to prove our theory that you can be a lifelong vegetarian and be strong and athletic. Now that Londale Jr. is 28 years old, 6’ 6” and 200 lbs., we can put that myth to rest. He, like Londale Sr., fell in love with basketball at a young age and also played at the Division 1 level. He was one of the strongest men on

the team, and frequently cooked his vegetarian favorites for several of his teammates. Like Dad, a torn ACL ended his 10 year basketball career. I see these parallel injuries not as due to our diet, but as due to destiny. Both injuries set my men on a trajectory of passion and purpose. They are both actors now, and Londale Jr. is also a stand-up comedian. They are having the time of their lives and both have even played basketball players on television so all that hard work did pay off!

Each athlete - vegan, vegetarian or otherwise has their individual routines and favorite foods, so I can only speak for our family’s approach. For us, when training for an event or while following a specific workout routine, Both Londale Jr. and Sr. eat the same recipes in this book, with

the following parameters:

- **They eat smaller meals, more frequently (every three hours or so) that are balanced with raw salads, protein and carbs, especially yams. Lots of yams!**
- **They supplement with high quality superfood shakes and vitamins. We love the SunFoods® and Amazing Grass® lines of products for the superfoods.**
- **Snacking, when necessary on fruit, carrots and peanut butter.**

Not surprisingly, our approach is very simple yet has yielded great results for our family.



Londale Jr. - Flex Zone



1. Londale Sr. demonstrating a Krav Maga defense
2. Londale Jr. in his freshman year at New Mexico State University.
3. Both Londales doing a CrossFit workout.
4. Londale Sr. at the range.
5. Londale Sr. - Bodybuilding competition - Gold Medal!
6. Londale Sr. training the Denver Police Department in Krav Maga
7. Londale Sr. on the bike detail at Santa Monica PD

The Research

There is extensive research that proves that vegetarian and vegan athletes can be just as successful, if not more so, than meat-eating athletes, but don't just take my word for it – do your own investigation.

A good place to start is with Dr. T. Colin Campbell's (the author of The China Study) article "Muscling Out The Meat Myth" (<http://nutritionstudies.org/muscling-meat-myth/>).

Dr. Campbell states:

It's my guess that there's hardly another myth in nutrition so insidious yet so intractable as that which encourages us to believe that consuming lots of high-quality protein- basically the stuff of animal-based foods – makes for fitness, bigness, and strength of body.

He further explains that the myth took root in the belief that we could get our strength, our agility, and our ability to soar to unimaginable heights if only we consumed the flesh and bodies of animals. Much later, in the early nineteenth century, when scientists identified protein as being more or less equivalent to the flesh of the animals they worshipped, it was heralded as the treasured nutrient. In the words of the famous chemist Justis von Liebig, it was none other than the very "stuff of life itself."

Dr. Campbell goes on to cite a study done in the late 1800s and early 1900s, conducted by Professor Russell Chittenden, a very distinguished professor of physiological chemistry at Yale University. Dr. Chittenden wondered whether consuming diets very much lower in high-protein foods (i.e. much lower in intakes of animal-based foods) would bring about undue fatigue and loss of mental and physical fitness.

NOTABLE VEGETARIAN/VEGAN ATHLETES*

Prince Fielder, MLB Player

Robert Parish, former NBA Player

John Salley, former NBA Player

Ricky Williams, former NFL Player

Carl Lewis, Track & Field Olympic Champion

Brendan Brazier, Ironman Triathlete

Rich Roll, Ultra Endurance Athlete

Billie Jean King, Tennis Champion

Martina Navratilova, Tennis Champion

Mac Danzig, UFC Champion

Scott Jurek, Ultramarathoner

Jim Morris, Bodybuilder

** According to numerous online sources*

What concerned Chittenden were the claims that a generous consumption of animal protein could really make for strength, endurance and "manly" qualities, as some were saying. Initially, he organized an experiment to see if eating less protein and animal food would really make him and his colleagues weaker and less able to put in a good day's work.

To the contrary, he found that their health, vigor and overall fitness were considerably improved.

Dr. Chittenden found similar results with various experiments conducted, one in particular with well-trained athletes in the "pink of condition," as he put it. Accustomed to the typical meat-containing diet, these athletes already were, understandably, at about the same level of physical fitness as (previously tested) physically fit military men.

By switching to largely plant-based diets from January to June these athletes improved by about 35% in just five months. In this case, only the dietary change could have accounted for these remarkable results.

Chittenden was one of the leading scientists of his day. He worked at a leading university, he was president of the American Physiological Society, and he had published on a wide variety of technical topics in nutrition prior to these well-conducted experiments. This study was done over 100 years ago yet the science still holds up.

If you're an athlete, or if your child is an athlete and are worried about maintaining their strength, speed or endurance on a vegan diet, we hope that we've helped settle those fears. It can and has been done, and I believe that a vegan diet will one day be recognized as the preferred diet for athletes so get ahead of the curve and start now!

Ricky Williams, Former NFL Player

*"I wouldn't eat a chicken," Williams says, "if it dropped dead in front of me holding up a sign that said, 'Eat Me.'"*¹

Mac Danzig, US Mixed Martial Artist, winner of The Ultimate Fighter

"I believed what everybody said, that you need animal protein in your diet if you're going to train hard and win." That path butted up against beliefs he'd held since childhood. Raised by his single mom in western Pennsylvania, Danzig loved animals and has owned pets throughout his life... As his career evolved, so did his diet. He'd already cut out all dairy products years ago, as they'd given him health problems, all the way up to debilitating ear infections, sinus problems and even vertigo. He then stopped eating mammals entirely. But poultry and fish remained staples of his diet. In 2004, he took the next step, cutting out poultry and fish and going entirely vegan... Though Danzig at first feared a meatless diet would hurt his performance, he now says it has helped him recover faster from fights and workouts...²

Carl Lewis, US Track & Field nine time Olympic Gold Medalist

"Can a world-class athlete get enough protein from a vegetarian diet to compete? I've found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegan diet. Moreover, by continuing to eat a vegan diet, my weight is under control, I like the way I look (I know that sounds vain, but all of us want to like the way we look), I enjoy eating more, and I feel great...I remember vividly making the decision in July of 1990 to become a vegan. I was competing in Europe and ate a meal of Spanish sausage on a Saturday and on the following Monday started eating vegan."³

Rich Roll, US Ultra Endurance Athlete and first vegan to complete in Ultraman

"I feel quite strongly that a nutrition program built entirely around plant-based foods and completely devoid of animal products is optimal. Conventional wisdom would say that an athlete cannot perform on plants alone. But I am living proof that this is false, and I have ample research to support this position. Personally, I cannot overemphasize the difference this has made in my own life, a secret weapon for enhanced athletic performance and overall long-term wellness. (In the last two years, I have not gotten sick or even suffered a cold.)..."⁴

Martina Navratilova, Tennis Player and winner of 59 Grand Slam Titles

"Navratilova believes her whole-foods diet of raw fruits and vegetables, some rice, pasta and a few grains is helping extend the twilight of her professional tennis career. 'I've noticed that I have an easier time getting going in the morning, and a faster recovery after a tough workout. My muscle cramps have lessened. During all of last year, I had six ibuprofen pills. Most tennis players eat them like candy...I did it for the animals. How can you have one animal for a pet and another for lunch?'"⁵

1. Jennifer Santiago, "Ricky Williams: Taking the Veggie Plunge," www.peta2.com (accessed Jan. 11, 2012)

2. Excerpt from Jonah Keri, *"Who Says You Have to Eat Meat to Be a Successful Athlete?"*, espn.go.com, July 22, 2008

3. Excerpt from *Very Vegetarian* by Jannequin Bennett, 2001

4. Rich Roll, "From Miserable Man to 'Ultraman': A Fitness Journey," www.cnn.com, July 21, 2009

5. Toni Apgar, "Off Court with Martina Navratilova," *Vegetarian Times*, May 1994



Macaroni and Cheese - Southern Style

7

Vegetarian and Vegan Kids

So your kid comes home from school one day and proudly announces, “Mom, Dad, I’m a vegetarian (or vegan) now!” What do you do?

I’ve got some ideas, but let’s go over what NOT to do first:

- **Don’t freak out**
- **Don’t criticize them**
- **Don’t tell them this is a phase and that they’ll get over it (even though it may be true)**
- **Don’t tell them that they’re “on their own” and you will not support this new lifestyle**

Let’s face it – there are worse things that your child can do other than becoming vegetarian or vegan so don’t overreact – embrace it! Worst case scenario is that you will learn how to eat in a more compassionate, healthful manner right alongside them. Now that we’ve covered the “don’ts”, here is what you do:

- **Do applaud their choice** but remind them that (if they’re old enough) it is ultimately their responsibility to find and prepare vegan/vegetarian options (in other words, make them accountable – the meat-eating world will not cater to their beliefs)
- **Do encourage them to be compassionate and understanding of their friends and relatives that choose to eat meat – in other words, encourage them to leave the judgment off their plate as well as the meat!**
- **Do help, support and guide them, just as if they decided to take up playing an instrument, ballet, or team sports**



Londale Jr. and Kamaal - partners in crime!

- **Do make it a family affair** and respect their choice by preparing (or allowing them to prepare) dishes separate from meat/chicken/fish/dairy dishes
- **Do make it fun!** You will learn new things that will benefit your health and that of your entire family.

I’ve never dealt with this particular situation because our kids were born and raised vegetarian, but honestly it is no different than learning and supporting any other pursuit your child follows. For example, Londale Jr. started playing basketball in elementary school. I never played sports and knew nothing about basketball, but I still went to the games, made sure he had the proper equipment and training, and supported his decision. Even though Sr. was an expert after having played so many years himself, I didn’t even know when Jr.’s team was on offense or defense. Pretty soon I got to the point where I could call a game with the best

of them and it was fun! I used to think that ESPN's SportsCenter would be offering me an anchor spot any minute 😊.

Depending upon their age, you will have to determine how to support your vegetarian/vegan child. Following are a few tips covering young children through teenage and early adulthood.

School Lunches for Your Kids

God bless First Lady Michelle Obama for trying to address the situation with our nation's school lunches, but it is a hot mess that we as parents MUST address ourselves. Take responsibility for what goes in your child's mouth until they are old enough to take responsibility themselves. Our children are suffering from obesity, high cholesterol, and diabetes at shockingly early ages and are the first generation that is expected to have a shorter life expectancy than our generation. The food most kids consume (along with their parents) is absolutely to blame for this. Most parents will do anything for their kids, including die for them. Well how about live for them? Make adjustments so that they can live healthier, happier lives. Why send them to school and allow them to eat some weird invention called "pink stuff" that is a meat concoction of who knows what? Why let them eat a bunch of sugar, fat and salt that is masquerading as food?

Food is fuel. We all need fuel, especially young developing bodies and minds. There is no shortcut here – you (or your child) must pack their own fuel as often as possible. The government, schools, and fast food chains are not going to do it for you so you must do it for yourself. Your child may have staked their claim as a vegetarian/vegan, or you may have staked it for them; whichever the case, don't make them feel "set apart" in a negative way. They can still buy school lunches if they want to, just give them tips on asking for "no meat" on the burger and sending them with a pre-cooked veggie burger instead. Or, like we did when driving cross country, pack a few slices of Tofurky® or Fried Chick'n in baggies and pop them in their backpack or lunch bag. Another approach is to prepare the entire sandwich, burger, wrap, etc. so they can just order the salad or fruit with their lunch.

As a parent, try to make time to do this every day. Have your child help you and eventually have them prepare the food on their own. Our kids started at a very young age with this process. They've been doing

their own laundry since they were about 10 years old and started helping with cooking and packing their lunches shortly thereafter.

Birthday Parties and Other Social Functions

When our kids were young (late '80's and early '90's) there weren't nearly as many food allergies among children as there are now, so more often than not Kamaal and Londale Jr. were the only ones in their classes that followed a special diet. This took a bit of creativity on my part when "treats" were brought to class to celebrate a child's birthday or some other special occasion. If I had enough notice, I would prepare a vegan treat for my kids so that they would not feel left out during the festivities. Let's just be honest – it's hard to tell a six year old that they can't have a cupcake when everyone else in the class is having one. When they were old enough to understand (about six or seven years old) we explained why we did not eat like most other people (animals are our friends...) and why Mommy prepared treats that did not contain ingredients from animals. However, there were times I'm sure, even though I explained our principals to the teachers, that the kids inadvertently ate something containing eggs, especially since they could not readily "see" them in a cupcake. That's just life. You do your best, prepare properly and then let go of the results. Honestly, it was awkward and inconvenient at times but it was not the end of the world. We are not the "Vegan Gestapo" and although I would prefer that nothing slipped past me, in reality I'm sure that it did in spite of my best efforts.

Once the kids came of age and were able to ask questions on their own this was a non-issue. That day came very soon, sometime during early elementary school. We were able to make adjustments all through those early years at soccer team parties, basketball parties, sleepovers, etc. without a problem because they were at the age where they understood and also, with a little help from Londale and I, planned properly and took responsibility for their choices.

But what about when your child is the host of the event? My recommendation is to keep it simple and crowd friendly. It may not be the best time to try out your new lentil-buckwheat-quinoa-loaf recipe. Remember, this may be the first time some of your guests will try vegan food and they may be skeptical.

We had this situation when Kamaal graduated from high school. We threw a big party at our house to celebrate, simultaneously, her turning 18, graduating, and moving to Costa Rica for her freshman year of college. Londale and I were also moving to Maryland later that summer and Londale Jr. was leaving for a prep school in Virginia to further his academic and basketball pursuits. Basically, this was one big party and all of our family, on both sides, was invited. Normally, we always bring our food to family events because there is really nothing we can eat there but



Kamaal at the beach in Costa Rica

salad. Our family accepts and respects our lifestyle, and I appreciate that but do not expect much more. But this time, the tables were turned. **As the invitations went out and the R.S.V.P.'s came in, nearly each one of them asked "what are we going to eat?"** They knew that we did not allow meat to be cooked in our house and that we would not serve it under any circumstances. I just told them, "Don't worry about it! Just show up! Being a vegetarian for one day won't kill you!" The women were up for it. The men joked that they would be stopping by their favorite fast food spot on the way!

Kamaal and I spent a week planning the menu. This was our chance to show our family that our food really was good! We had a huge variety of items – enough choices to please the young and old alike.

We made a six-foot vegetarian sub with vegetarian smoked Torfuky®, focaccia bread, avocado, and all the fixings, a huge vegetarian Meatless Lasagna, a couple of large trays of Enchiladas in Red Sauce, Spicy Cajun-Style Hot Links, all sorts of salads and sides, and the best vegan chocolate cake on the planet (compliments of my Mom!)

Everyone raved about the food and there were absolutely no leftovers (not because we did not have enough, but because people took food home in Tupperware®). In a brief moment of rest, I reflected on the party and was so pleased and happy that it was a success, when I noticed two of my sister-in-laws "gossiping" in the corner. I thought that was strange and asked them "what's up?" I just knew I was going to get the latest family dirt and I was not about to be left out of the loop. Then, one of them said, almost accusingly,

"So, I thought you said you would never cook meat." I replied, "That's right, I won't. Why are you asking that all of the sudden?" "Then what's up with the lasagna and the enchiladas? I know that's real meat."

At this point, I knew we had changed a paradigm forever. I just laughed and took her by the hand, led her into my kitchen, opened the freezer and showed her the two vegan products I used which she claimed was "meat." She was shocked. And then she wrote down the names of the products and asked me for the recipe, which, over 10 years later she still uses!

The story does not end there. A few years after the party, I was talking to my mother-in-law on the phone and she told me she had a discussion with my brother-in-law about the party and the food I served that day. She mentioned to him that the recipes in our cookbook would be good for vegetarians and non-vegetarians since most of the people at the party could not tell that they were not eating meat. He was like, "What are you talking about? Martha had two sections – meat dishes and non-meat dishes." She replied, "No she didn't. You know Martha wouldn't do that!" His response was, "Well, I know I had meat that day so I think she made an exception and cooked some just for us." To that she said, "Not Martha. She won't even let meat in her house let alone cook it!"

My mother-in-law knows me well. I thought it was funny because basically, for those three years, he just knew he had eaten real meat that day. The point of the story is keep it simple – delicious and vegan and everyone's happy!



Londale Jr. and Kamaal in his first dorm room

College Life as a Vegetarian/ Vegan

By the time Kamaal was in junior high school, she could prepare most of our basic family meals on her own. When she went to college, she learned to cook like a pro, but Londale Jr. was another story. As a busy young vegetarian athlete he knew the value of good nutrition and was firm in his vegetarian principles but was more interested in eating than in cooking. That all changed in the summer of 2006, right before he went to college. During that summer, I had him go through our first cookbook, *“Throwin’ Down Vegetarian Style!”* which was still in draft form and pick out his favorite recipes. For a couple of weeks, he and I went through each recipe and prepared them side-by-side until he got to the point where he could cook them on his own. By the end of the summer, he prepared, by himself, a family feast of BBQ Fried Chick’n, yams, Chick’n Fried Rice and sautéed collard greens. It was delicious! He was 17 at the time, about 6’4” and an athlete – not a chef by any stretch of the imagination but he did it and was so proud! He was about to be on his own for the first time and this was about survival and thriving as a young man, athlete, and vegetarian. He had a meal plan at his school (New Mexico State University) so he and his fellow teammates ate at the cafeteria but Londale Jr., as he learned in elementary school, always supplemented the cafeteria food with his own vegan meats. He filled up on oatmeal, nuts,

fruit and salad, and the occasional bean burrito (it was New Mexico after all) and supplemented with his own food. When Kamaal, my niece Christie and I set up his dorm room, we bought the following essentials:

- **Microwave**
- **Rice Cooker**
- **Electric Frying Pan**
- **Hot Plate**
- **Dorm-sized refrigerator**
- **Heavy duty extension cords**
- **A few staples (grapeseed oil, flour, spices, etc)**
- **Amy’s Kitchen® meals – a college student’s lifesaver!**

His desk was converted into a mini-kitchen. It was a tight fit but he made it work, and managed not to get caught by campus management even though you could smell the chick’n cooking in the hallways!



Londale Jr.'s dorm "kitchen" on his desk

By the time he was a sophomore, he and two teammates moved to an apartment off campus. That’s when the real fun started! Everyone on the team knew he was a vegetarian but no one really knew what he ate or how it tasted. They were interested, though, because by this time he was 6’6”, 200 lbs and one of the strongest athletes on the team. His new roommates were quickly introduced to his way of eating, and the organized way he packed his food for road trips, etc. Soon he was running a “You Buy We Fry” out of the apartment because his roommates, two young African-American men, could not get enough of his soulful,

vegan meals. They would buy the groceries and Londale Jr. would cook the meals!

One Thanksgiving, Londale Jr. and his team had to play in a basketball tournament out of town. **In preparation for the trip, he cooked a bunch of his favorite BBQ Fried Chick'n and packed it up in Tupperware®, knowing that this would have to last him the journey (plane and bus rides), the tournament and trip home.** The team had Thanksgiving night off and were able to eat as a team in the hotel. Londale Jr. looked at the spread and quickly determined that there was very little he could eat so he sat down and opened his Tupperware® of food. As his teammates joined him and started eating, they complained that the hotel meal was nasty, and started looking his way. One said, **"Aye man, that looks good!"** to which Londale responded, **"It is!"** and



Londale Jr.'s "You Buy - We Fry!" operation in his dorm room

kept eating. A few seconds go by and then a couple of them said, **"Damn, this food is nasty. Lemme try a little bit**

of that." Londale responded **"OK, but you know this is all I can eat on this entire trip."**

He broke off a couple small pieces (my baby boy is so giving!) and handed them to his teammates. They were like, **"Daaamn! This is good!"**

Another time I was in New Mexico visiting my Mom (who lived there briefly), and Londale Jr. came over for dinner after basketball practice. He was by himself which was unusual. The one teammate he hung out with had to "babysit" a visiting recruit so he was tied up for the evening. When I asked about his whereabouts, Londale said he couldn't make it, but that if I was cooking Fried Chick'n could I please prepare a "doggie bag" for him or as we say in the 'hood "fix him a plate." Now this was a 21 year old black man, from D.C. whose nickname was "Fat Cat",

and he was actually asking for the Fried Chick'n. When Londale finally got back to his place with Fat Cat's "plate", another teammate (who had eaten with us in the past) was in the room and asked, **"Hey man, is that your Fried Chick'n? Let me git some of them!"**

And that was that! If you cook it, they will come! But you've got to keep it real. These young men did not care that they were not eating meat or what the protein content was. They were hungry and the food was delicious. And, by the way, it was higher in protein than the dry, over-cooked turkey that was served at the hotel that Thanksgiving night.

Bottom line - if Londale Jr. can do it, your son or daughter can do it too.

This was nearly 10 years ago and it is so much easier now to find great, convenient vegan food. So don't freak out! Embrace it and jump in!

**"The question is not, can they reason? Nor, can they talk? But, can they
SUFFER?"**

JEREMY BENTHAM, PHILOSOPHER



UnBeef and Broccoli

8

Save The Planet Meatless Monday

One of the most precious resources in the world is water – clean, potable water. Due to a variety of factors, including global warming, this resource is in danger of becoming scarce. In California, where we live,

this is especially concerning since we are in a perpetual state of drought. California Governor Jerry Brown has mandated a 25% reduction of water consumption in urban communities or be subject to fines and penalties.

This approach has helped, especially since residents watered their lawns less or started taking shorter showers, etc. But what more can we do? According to the chart on the next page (posted on ForksOverKnives.com) personal and industrial use of water only accounts for 7% of the total use in California. A whopping 47% goes to maintain the meat and dairy industry. Other agriculture accounts for 46% but the water is used in a much more efficient manner (with little or no pollutants), producing far more food to feed and nourish people than meat and dairy product do. Consider these points:

- It takes, on average, 2,500 gallons of water to produce just one pound of beef in the U.S. The average American eats over 200 pounds of meat every year.
- It takes only 25 gallons of water to produce a pound of wheat.
- A meat and dairy diet requires more than 4,000 gallons per day per person.



- A totally vegetarian diet requires just 300 gallons per day per person.
- According to the U.S. Geological Survey the average person uses between 80 – 100 gallons of water a day for bathing, cooking, drinking, restroom use and outdoor watering (<http://water.usgs.gov/edu/qa-home-percapita.html>), and
- *The amount of water required to produce one ¼ lb. hamburger (625 gallons) is the equivalent of the average entire personal water use for a week.*

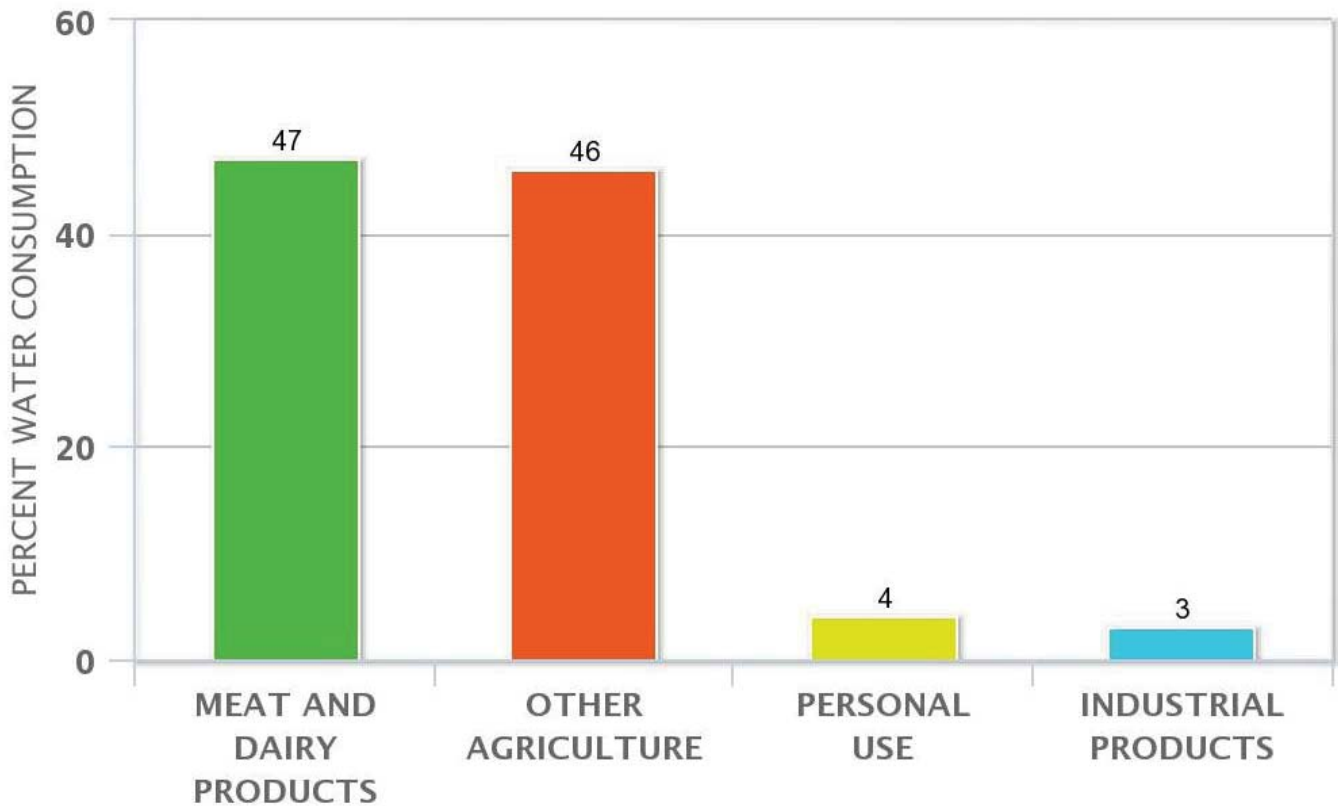
In addition to a “drain” on our water resources, the meat and dairy industries take a toll on our fuel and also add to pollution, as follows:

- **Farmed animals produce 130 times as much excrement as the entire human population of the United States. According to the EPA, the run-off from factory farms pollutes our rivers and lakes more than all other industrial sources combined. It takes only 25 gallons of water to produce a pound of wheat.**
- **Livestock production is a major cause of deforestation, thus a major source of global warming, hoarding 30 percent of the land surface of the planet. Livestock production is responsible for 18% of the greenhouse gas emissions. Vehicles are only 13%.**

Meatless Monday

One of the best ways we can personally conserve our resources and reduce pollution is to cut back on our meat and dairy consumption. I know that many people cannot commit to this 24/7/365, but even one day a week as the popular campaign Meatless MondaySM proposes, would make a HUGE difference! Meatless Monday (www.meatlessmonday.com) is global movement with a simple message: once a week, cut the meat. Launched in 2003, Meatless Monday is a non-profit initiative of The Monday Campaigns, working in collaboration with the Center for a Livable Future (CLF) at the Johns Hopkins Bloomberg School of Public Health. Their goal is to reduce meat consumption by 15% for our personal health and the health of the planet.

FORKSOVERKNIVES.COM



They provide information, news, recipes and free promotional materials to help individuals, schools, restaurants, hospitals, food companies and entire communities to start each week with a commitment to eating healthy, environmentally-friendly, meat-free meals. Kamaal and I are official Meatless Monday bloggers!

Now entering its second decade, Meatless Monday is embraced in 36 countries, in 12 languages, demonstrating the universal appeal of an idea that is simple to understand and easy to do. There are numerous colleges, universities, cities and communities that have “taken the pledge” by endorsing the movement and ensuring that plant-based options are readily available. I strongly encourage you to visit their site and “once a week, cut the meat” by trying some of the hundreds of recipes on their site and around the Internet. Check out our meal planner at the end of this chapter and subscribe to our blog at www.veggiesoulfood.com/blog for weekly Meatless Monday recipes.



“If we do it one plate at time, one meal, one day, we are ratcheting down the impact on our environment. We start with one day a week and then, who knows, maybe we can change our habits for a lifetime.”

— Ed Reyes, Los Angeles City Councilman

Meatless Monday 52 Week Meal

WEEK	RECIPE	RECIPE SECTION	PAGE
1	Fried Chick'n (Plain, BBQ and Buffalo Wings Style)	Chick'n and Turk'y	86
2	BBQ Seitan Sub or Burger	Seitan	76
3	Antipasto Chopped Salad	Salads and Sides	154
4	Turk'y Veggie Wraps	Chick'n and Turk'y	100
5	Fried Rice with Tofu and Sausage	Sausage, Seafood and More!	114
6	Soft Tacos	Seitan	84
7	BBQ Black Beans with Chick'n & Rice	Chick'n and Turk'y	91
8	UnBeef and Broccoli	Seitan	77
9	Blackened Chick'n or Tempeh	Chick'n and Turk'y	88
10	Breakfast Sandwich with Tofu and Sausage	Sausage, Seafood and More!	116
11	BBQ Chick'n Pizza	Chick'n and Turk'y	99
12	Beyond Meat® - Beast Burger	Straight Outta' The Box	146
13	Vegetarian Plus® - Citrus Sparerib Cutlets	Straight Outta' The Box	149
14	Fishless Filets	Sausage, Seafood and More!	133
15	Cheezy Noodles	Chick'n and Turk'y	107
16	Waldorf Chick'n Salad	Chick'n and Turk'y	109
17	Chick'n Enchiladas with Green Sauce	Chick'n and Turk'y	95
18	Amy's Kitchen® - Quarter Pound Veggie Burger	Straight Outta' The Box	145
19	Chick'n Fried Rice	Chick'n and Turk'y	89
20	BBQ Smoked Apple Sage Sausage	Sausage, Seafood and More!	117
21	Chick'n or Tuno Salad	Chick'n and Turk'y	108
22	Teriyaki Tofu	Tofu	141
23	Chili with Veggie Crumbles	Sausage, Seafood and More!	120
24	Curry Chick'n Wrap	Chick'n and Turk'y	110
25	Vegetarian Plus® - Kung Pao Chicken	Straight Outta' The Box	151
26	Curry Masala Chick'n on Flatbread	Chick'n and Turk'y	92

Planning Guide *Sorted By Week*

WEEK	RECIPE	RECIPE SECTION	PAGE
27	Amy's Kitchen® - Roasted Vegetable Pizza	Straight Outta' The Box	145
28	Curry Seitan	Seitan	78
29	Deep Dish Pizza with Italian Sausage (or Pepperoni)	Sausage, Seafood and More!	126
30	Macaroni and Cheese - Southern Style	Salads and Sides	168
31	Enchiladas in Red Sauce with Veggie Crumbles	Sausage, Seafood and More!	121
32	Grilled Teriyaki Chick'n	Chick'n and Turk'y	87
33	Grilled Veggie Turk'y Panini	Chick'n and Turk'y	104
34	Hawaiian Pizza with Teriyaki Veggie Ham	Sausage, Seafood and More!	128
35	Kamaal's Chick'n Quesadillas	Chick'n and Turk'y	96
36	Lasagna with Meatless Sauce	Sausage, Seafood and More!	124
37	Mexican Style Rice with Black Beans & Chick'n	Chick'n and Turk'y	90
38	Penne Pasta with Italian Sausage	Sausage, Seafood and More!	123
39	Pesto Pizza with Smoked Apple Sage Sausage	Sausage, Seafood and More!	130
40	Philly Cheesesteak	Seitan	82
41	Reuben Sandwich	Chick'n and Turk'y	103
42	Rice with Spicy Sausage	Sausage, Seafood and More!	118
43	Pesto Penne Pasta with Chick'n	Chick'n and Turk'y	98
44	Vegetarian Plus® - Black Pepper Steak	Straight Outta' The Box	148
45	Scrambled Tofu	Tofu	140
46	Sizzling Steak Fajitas	Seitan	83
47	Spaghetti with Meatless Balls	Sausage, Seafood and More!	122
48	Stuffing with Turk'y and Cranberry Sauce	Chick'n and Turk'y	106
49	Spicy Chick'n Taco Soup	Chick'n and Turk'y	97
50	Sweet & Sour Seitan	Seitan	80
51	Turk'y Club Sandwich	Chick'n and Turk'y	102
52	Yellow Curry with Chick'n or Tofu	Chick'n and Turk'y	94

Meatless Monday 52 Week Meal

RECIPE	WEEK	RECIPE SECTION	PAGE
Amy's Kitchen® - Quarter Pound Veggie Burger	18	Straight Outta' The Box	145
Amy's Kitchen® - Roasted Vegetable Pizza	27	Straight Outta' The Box	145
Antipasto Chopped Salad	3	Salads and Sides	154
BBQ Black Beans with Chick'n & Rice	7	Chick'n and Turk'y	91
BBQ Chick'n Pizza	11	Chick'n and Turk'y	99
BBQ Seitan Sub or Burger	2	Seitan	76
BBQ Smoked Apple Sage Sausage	20	Sausage, Seafood and More!	117
Beyond Meat® - Beast Burger	12	Straight Outta' The Box	146
Blackened Chick'n or Tempeh	9	Chick'n and Turk'y	88
Breakfast Sandwich with Tofu and Sausage	10	Sausage, Seafood and More!	116
Cheezy Noodles	15	Chick'n and Turk'y	107
Chick'n Enchiladas with Green Sauce	17	Chick'n and Turk'y	95
Chick'n Fried Rice	19	Chick'n and Turk'y	89
Chick'n or Tuno Salad	21	Chick'n and Turk'y	108
Chili with Veggie Crumbles	23	Sausage, Seafood and More!	120
Curry Chick'n Wrap	24	Chick'n and Turk'y	110
Curry Masala Chick'n on Flatbread	26	Chick'n and Turk'y	92
Curry Seitan	28	Seitan	78
Deep Dish Pizza with Italian Sausage (or Pepperoni)	29	Sausage, Seafood and More!	126
Enchiladas in Red Sauce with Veggie Crumbles	31	Sausage, Seafood and More!	121
Fishless Filets	14	Sausage, Seafood and More!	133
Fried Chick'n (Plain, BBQ and Buffalo Wings Style)	1	Chick'n and Turk'y	86
Fried Rice with Tofu and Sausage	5	Sausage, Seafood and More!	114
Grilled Teriyaki Chick'n	32	Chick'n and Turk'y	87
Grilled Veggie Turk'y Panini	33	Chick'n and Turk'y	104
Hawaiian Pizza with Teriyaki Veggie Ham	34	Sausage, Seafood and More!	128

Planning Guide *Sorted Alphabetically*

RECIPE	WEEK	RECIPE SECTION	PAGE
Kamaal's Chick'n Quesadillas	35	Chick'n and Turk'y	96
Lasagna with Meatless Sauce	36	Sausage, Seafood and More!	124
Macaroni and Cheese - Southern Style	30	Salads and Sides	168
Mexican Style Rice with Black Beans & Chick'n	37	Chick'n and Turk'y	90
Penne Pasta with Italian Sausage	38	Sausage, Seafood and More!	123
Pesto Penne Pasta with Chick'n	43	Chick'n and Turk'y	98
Pesto Pizza with Smoked Apple Sage Sausage	39	Sausage, Seafood and More!	130
Philly Cheesesteak	40	Seitan	82
Reuben Sandwich	41	Chick'n and Turk'y	103
Rice with Spicy Sausage	42	Sausage, Seafood and More!	118
Scrambled Tofu	45	Tofu	140
Sizzling Steak Fajitas	46	Seitan	83
Soft Tacos	6	Seitan	84
Spaghetti with Meatless Balls	47	Sausage, Seafood and More!	122
Spicy Chick'n Taco Soup	49	Chick'n and Turk'y	97
Stuffing with Turk'y and Cranberry Sauce	48	Chick'n and Turk'y	106
Sweet & Sour Seitan	50	Seitan	80
Teriyaki Tofu	22	Tofu	141
Turk'y Club Sandwich	51	Chick'n and Turk'y	102
Turk'y Veggie Wraps	4	Chick'n and Turk'y	100
UnBeef and Broccoli	8	Seitan	77
Vegetarian Plus® - Black Pepper Steak	44	Straight Outta' The Box	148
Vegetarian Plus® - Citrus Sparerib Cutlets	13	Straight Outta' The Box	149
Vegetarian Plus® - Kung Pao Chicken	25	Straight Outta' The Box	151
Waldorf Chick'n Salad	16	Chick'n and Turk'y	109
Yellow Curry with Chick'n or Tofu	52	Chick'n and Turk'y	94

“You put a **baby in a crib with an **apple** and a **rabbit**. If it eats the rabbit and plays with the apple, I'll buy you a**

NEW CAR”

HARVEY DIAMOND, AUTHOR

9

Get Your House in Order

Essentials for the Vegan Kitchen

Keep it simple. The best thing about TheVeganSystem is that you do not have to search for a bunch of rare, hard to find ingredients or gadgets to convert your kitchen into a vegan-friendly one.

That said, there are a few things to do and items we recommend you have on hand to save you time and effort as you “veganize” your favorite dishes. Our focus is on vegan food that tastes good and is **organic and GMO-free**, so let’s start with swapping out of items in your kitchen that are outside of these parameters:

Standard American Diet (S.A.D.) Kitchen	♥♥ New and Improved Vegan Kitchen ♥♥
Meat, Chicken, Fish	Try one of the many vegan “mock meats” on the market, or make your own. See the Vegan Product Guide in Chapter 11 for our favorite products, and recipes in Chapter 12 to learn how to make your own meat, such as Seitan Steak using Bob’s Red® Mill Wheat Gluten. Extra Firm Tofu is also a great meat substitute for certain recipes.
Cheese	Daiya® and Chao by Field Roast® are our cheeses of choice. More brands are listed in the Vegan Product Guide. Nutritional Yeast will also give casseroles and soups a “cheesy” flavor – great source of B Vitamins as well! We like Red Star® and Bragg’s® brands.
Eggs	Depends on if you are baking, scrambling, or using in casseroles. Extra Firm Tofu makes a great scrambled egg replacement. EnerG EggReplacer® and even corn starch is great for baking. Make sure you use Organic Non-GMO Corn Starch.
Sugar	We use organic white sugar, organic raw (Turbinado) sugar, organic Agave Nectar (great for salad dressings) and organic Molasses and Maple Syrup
Milk, Creamer, Ice Cream	Our favorites are Organic, Non-GMO: <ul style="list-style-type: none"> ▪ Soy Milk (various brands) ▪ Almond Milk by Almond Breeze® ▪ Soy Creamer by Silk® ▪ So Delicious®, Tofutti®, and Trader Joe’s® Soy Ice Cream are all delicious
Mayonnaise and Condiments	<ul style="list-style-type: none"> ▪ Vegemaise® by Follow Your Heart ▪ Bragg’s® Liquid Aminos ▪ Organic Ketchup, Teriyaki Sauces, Black Bean Paste, etc. depending upon the recipe <p><i>Be sure to avoid condiments with high fructose corn syrup!</i></p>
Oils, Butter	<ul style="list-style-type: none"> ▪ Grapeseed oil for frying and sautéing (high quality and a high flash point) ▪ Organic, non-gmo safflower or canola oil for baking ▪ Organic Olive oil for salad dressings and dips ▪ EarthBalance® vegan margarine for sautéing, baking, frostings, and many dishes

When it comes to spices, you can use the ones that you are already accustomed to. Just make sure to limit your salt! It's not necessary – go for more rich flavors instead such as high-quality spice packets that are pre-mixed according to the recipe. Simply Organic® has a wide variety that you may enjoy, and we also use Spike® vegetable seasoning (a salt-free option is available as well).

In addition to the list on the previous page, there are more staples and gadgets we always make sure to have on hand for a quick meal, as listed below. And that's it! Pick and choose what works best for you – this is what works for us and is a simple way to get started. We are all about ease and convenience. A little pre-planning will save you a ton of time and help ensure you make good food choices.

ALWAYS IN STOCK

- Rice: brown, basmati and Thai jasmine
- Beans: black, garbanzo and pinto
- Carrots
- Cabbage, red and white
- Peppers, orange and yellow
- Sweet Potatoes
- Kale, Kale and more Kale!
- Flaxseeds and nuts
- Fruit for juicing
- Superfood Smoothie mixes

FAVORITE GADGETS

- Rice Cooker
- Cuisinart or Food Processor
- Blender (we love our Magic Bullet®)
- Salad Spinner
- Ziploc Bags – Gallon and Quart size for storing raw chopped vegetables

See the [Vegan Product Guide](#) in Chapter 11 for more than 150 items



daiya
deliciously dairy free[®]

Dairy, lactose and casein free
Gluten and soy free
Cholesterol free

cheddar style shreds

Melts & stretches

soy free	cholesterol free	trans fat free	calories	Net Wt 8oz (227g)
0	0	0	90	approx. 2 cups



CREAMY VANILLA CREAMY VANILLA
Y VANILLA CREAMY VANILLA CR

ORGANIC
SO DELICIOUS™
DAIRY FREE
NON-DAIRY FROZEN DESSERT
CREAMY VANILLA

USDA ORGANIC



ENER-G
Egg Replacer™
A Culinary Egg Substitute
Equivalent to Egg in Most Products

Gluten free Wheat free
No Preservatives,
Artificial Flavors,
or Sugar Alcohols
No Cholesterol

12oz (340g)



SPREAD-FRY-SAUCE-BAKE
Great Buttery Taste

earth balance[®]
Organic Butter Spread
1% Implants Oil

USDA ORGANIC

Non-GMO Vegan

NET WT 13 OZ (369g)



Red Bull
VITAL WHEAT
GLUTEN
5% TO 80% PROTEIN

NET WT 22 OZ (1 LB 6 OZ) 622g



Tofutti
MILK FREE
Better Ricotta

WOW!

Cholesterol Free
No Butterfat
No Dairy
No Eggs
No Animal Products

NET WT 12 OZ (340g)



FIELD ROAST
CHAO
SLICES

YOGURT
Coconut Milk
WITH BLACK PEPPER

YOGURT
Creamy Original
WITH CHAO TASTE

YOGURT
Tomato Caprese
WITH SHREDDED PEPPER

NET WT 7.5 OZ (213g)



RED STAR
Nutritional Yeast
Vegetarian Support Formula



100% NATURAL
BRAGG
LIQUID AMINOS

NET WT 16 FL OZ (473 mL)



Tofutti
Milk Free - No Butterfat - Lactose Free
DAIRY FREE Frozen Dessert

Cuties

VANILLA

8 SNACK SIZE SANDWICHES

12 FL. Oz. Plus 16 Wafers




FOLLOW YOUR HEART
GRAPSEED OIL
VEGENAISE
Better than Mayo[®]

EGG FREE
GLUTEN FREE

NET WT 16 FL OZ (473 mL)



FOLLOW YOUR HEART
GRAPSEED OIL
VEGENAISE
Better than Mayo[®]

EGG FREE
GLUTEN FREE

NET WT 16 FL OZ (473 mL)



100% NATURAL
Almond Breeze
Non-Dairy Beverage

ORIGINAL

**“We all love *animals*. Why do we call some ‘*pets*’ and others
DINNER?”**

K.D. LANG, MUSICIAN

No Meat Now What?

Whether you're going "cold turkey" and giving up all meat in one day like I did, or just doing it on Meatless Monday, you're probably wondering "No meat - now what?"

That's exactly the question I asked myself over thirty years ago sitting in a restaurant with Londale after I made my decision to be vegetarian. I literally had no idea what to eat since *I never* had a meal without at least one of the "big five" listed below. It seemed daunting at first but then I thought about it – five things are not that many! **In a nutshell (pun intended!) the only things we don't eat are:**

1. Meat
2. Chicken
3. Fish
4. Eggs
5. Dairy

Only five things! There are literally hundreds of other things vegans can eat, so don't think about what you can't eat – focus on what you CAN eat! There are far more choices on the "CAN" list than on the "can't" list. It's simply a matter of perspective. Once you make a decision and have the proper perspective, the choices become limitless.

But let's get back to the big five as listed above since so many people (as I once did) cannot imagine a meal without them. In line with our simple approach, we look for alternatives where we can "veganize" each one of the big five. Refer to the **Vegan Product Guide in Chapter 11** for a head start in your own veganizing. There are a few approaches that you can take to veganize your meals, such as:



- Swap out animal-based foods with vegan products that are similar (this is our most common approach and normally our starting point)
- Swap out animal-based products with vegan alternatives you make yourself (e.g. seitan, tofu, nut milks)
- Ignore the "big five" altogether and discover exciting, healthful new ways to prepare foods from the plant kingdom. We use a lot of raw, high nutrient vegetables in our salads and rice bowls.
- Try new complete vegan meals that are ready to go in minutes. Some of our favorites are Amy's Kitchen® and Vegetarian Plus®. We call this approach "Straight Outta The Box." See page 143 for a few of our favorites.
- Of course, enjoy a special treat and support a vegan restaurant!

Kamaal and I love to explore vegan restaurants when we travel and even at home in Los Angeles. Try HappyCow.net and Yelp! for listings. The fast-growing all-vegan chain Veggie Grill (VeggieGrill.com) is a go-to for our family when we want something convenient and delicious. These approaches are all good – do what works for you and mix it up from time to time!

At Work, School, Eating Out, and Traveling

Whether at work, school or while on the road, I promise you, with a little planning, it is actually MORE convenient to prepare and bring your food than it is to go scavenging for it in the spur of the moment. As I mentioned earlier, the key is Tupperware® or whatever food storage system you want to use. Pack your food the night before or the morning of and you're good to go. Make it a habit and it will become second nature. If you have a fridge at work – great. If you don't – get a thermal lunch bag and keep it moving. You will find that vegan food does not spoil nearly as fast as non-vegan food because there is not as much bacteria and the decaying process is much slower.

Recently, Londale Jr. booked a gig in Las Vegas where he spent four full days performing at a resort about five miles from the strip. Whenever one of us travels, I always check HappyCow.net and Yelp! to see what vegan restaurants are in the area so I can determine if we need to pack our own food. Unlike a gig he did in Texas a couple of years ago where there was a vegan restaurant a block from his hotel, this time there was nothing at all in the immediate area other than the standard Vegas buffets which tend to be very meat heavy. The resort had a few restaurants with a couple of items but not enough to keep Londale Jr. in top shape for his gig. Here is what we did:

- **Londale Jr. called the hotel and made sure a refrigerator was put in his room.**
- **I prepared (and packed in Tupperware®) the following easy dishes that I knew would keep fresh for five days; Reuben Sandwiches, Fried Chick'n (Gardein®) Wraps, a large bag of fresh carrot sticks, Banana bread, and Clif Bars® for snacking.**

- **Londale Jr. confirmed that he could get oatmeal and fresh fruit and salads at the hotel restaurants so breakfast was covered.**

It took about two hours to prepare all of this which was a good investment. Not only did this save money, but it ensured Londale Jr. had home-cooked food as his base each day so supplementing with salad and fruit was easy. On top of that, he was able to focus on his craft and not waste energy searching for food.

Kamaal and I do this all the time when we travel. We organize and prepare food for the guys if they stay home. We always make sure to pack enough food for us to make it to our destination, plus a little more so that we do not have to rush out and search for something to eat the second we land. On a recent trip to Paris we did just that. We did not have to buy a thing during our journey from Los Angeles to our hotel in Paris. Later that evening, we enjoyed some gourmet French vegan food from a restaurant we found on Yelp! that was a short train ride from our hotel. Since we had empty Tupperware by the end of our trip, we filled it with leftover dinner from our last eating spot to sustain us on the way home. On a nine day solo trip to Tokyo and Seoul Kamaal was able to find wonderful vegan food in each city.

Veganizing Fast Food

Every now and again you will find yourself, for whatever reason, with no options but fast food. Don't trip – it happens sometimes and is not the end of the world. It's not ideal but there are workarounds, which we used all the time when our kids were young (since they were always going to some team party or school get together) and still use today when we travel or when something unexpected comes up and we have to grab some food on the fly. One of my favorite "hacks" is to carry a ziplock bag of Tofurky® slices in my purse or briefcase so that when I order a "burger with no meat" or a "Veggie Sub with Mustard" I can slap on my own vegan meat and not skip a beat. This is great for road trips too!

When Londale and I moved back to Los Angeles from Maryland a few years ago we drove cross-country. I didn't cook much because our entire kitchen was packed up and already loaded on the moving van the night before. The trip took about three days - we ate Subway® pretty much the entire trip, but it was

Subway® – Ourway! We had a cooler full of fried chick’n, Tofurky®, and other veggie meats to mix it up a bit, in addition to fruit and trail mix that we packed. There is a vegan hack for any situation – no need to compromise if you use a little planning and creativity. Nowadays it’s even easier – it seems like you can find Amy’s Kitchen® meals just about anywhere!



1. A vegan feast in Tokyo on one of Kamaal's recent trips there.
2. Food for the guys while Kamaal and I were in Paris.
3. Our food for the flight to Paris. It lasted until we checked in our hotel.
4. At the Eiffel Tower. It was cold!
5. Our first vegan meal in Paris courtesy of The Gentle Gourmet. Excellent!

How To Go Vegan in Three easy Steps

Need a little more help? One of my favorite pages on the PETA (People For the Ethical Treatment of Animals) website is the “How To Go Vegan” page (<http://features.peta.org/how-to-go-vegan/>). This is a great resource with the following sections:

1. What To Buy – a great starter list you can print with mock beef, pork, chicken and turkey, and non-dairy options. Many of these are the same products we list in our **Vegan Product Guide in Chapter 11**.

2. What To Make – a two week sample meal plan with recipes.

3. Where To Eat - they recommend the vegetarian restaurant app I mentioned earlier (HappyCow.net) and also an extensive list “Eating Vegan at Fast Food Chain Restaurants” where PETA offers vegan options at many of the most popular fast food chains such as:

- Bennigan’s
- The Cheesecake Factory
- Chipotle
- The Daily Grill
- Johnny Rockets
- Olive Garden
- Panera Bread
- P.F. Chang’s
- PizzaRev and ZPizza – both offer vegan sausage and daiya® cheese
- Red Robin
- Taco Bell
- TGI Friday’s

For the complete list and recommendations, visit the following link: <http://www.peta.org/living/food/chain-restaurants>.

Eat More Raw!

You've heard it from everywhere - EAT MORE RAW! The health benefits are astounding, including a natural way to maintain a healthy weight.

So why aren't you doing it? Why is it so hard? With just a little planning, you can significantly increase your raw intake. Here's how we do it in the Theus household:

- **We start with large quantities of our favorite organic vegetables (ones that will last for a week in the refrigerator)**
- **We wash, cut and bag these vegetables, and store refrigerated for approximately 1 week in gallon-sized Ziploc bags (avoid adding vegetables such as tomatoes and avocados to this mix - instead, we add these fresh each day)**



For our family of 4, it takes about 1 hour (with two of us working together) to prepare our vegetables for the week. Then, each day, we add this mix to greens, wraps, and sandwiches. It is easy to transport in smaller quantities too - ideal for lunches or snacking. Try it for a week and you'll see how easy it is! Add some of your favorite raw veggies and change it up according to what's in season.

Tip: Eat at least 50% raw fruits and vegetables each day, and remember to eat them before your cooked food. It is better for your digestion and will fill you up with good fiber before taking in more concentrated foods.

I hope you've found these tips useful, and above all practical. My goal with this book is to take you from “No Meat – Now What?” to “No Meat – No Problem!”



11 VEGAN PRODUCT GUIDE

Over 10 Billion Animals

are slaughtered each year for food in the United States alone...

That is a lot of unnecessary suffering especially when there are so many healthy, delicious, cruelty-free options available.

With so many choices it can get a bit confusing so we've assembled this list of over 150 products to help you get you started!

BEEF AND PORK ALTERNATIVES

		<input checked="" type="checkbox"/>	PRODUCT	BRAND	WEBSITE
♥		<input type="checkbox"/>	Amy's Kitchen Texas and Quarter Pound Burgers	Amy's Kitchen	amyskitchen.com
		<input type="checkbox"/>	Amy's Kitchen Veggie Burgers (various)	Amy's Kitchen	amyskitchen.com
♥	gf	<input type="checkbox"/>	Beyond Beef Feisty Crumble	Beyond Meat	beyondmeat.com
	gf	<input type="checkbox"/>	Beast Burger	Beyond Meat	beyondmeat.com
♥		<input type="checkbox"/>	Vital Wheat Gluten (Mix)	Bob's Red Mill	bobsredmill.com
		<input type="checkbox"/>	Boca Original Vegan Veggie Burger	Boca	bocaburger.com
♥		<input type="checkbox"/>	Boca Veggie Ground Crumbles	Boca	bocaburger.com
♥		<input type="checkbox"/>	SoyRizo Meatless Soy Chorizo	El Burrito	elburrito.com
		<input type="checkbox"/>	SoyTaco Meatless Taco Filling	El Burrito	elburrito.com
♥		<input type="checkbox"/>	Apple Maple Breakfast Sausage	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Celebration Roast	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Classic Meatloaf	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Frankfurters	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Hand Formed Burger	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Hazlenut Cranberry Roast En Croute	Field Roast Grain Meat Co.	fieldroast.com
♥		<input type="checkbox"/>	Italian Sausage Links	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Lentil Sage Deli Slices and Quarter Loaves	Field Roast Grain Meat Co.	fieldroast.com
♥		<input type="checkbox"/>	Mexican Chipotle Sausage Links	Field Roast Grain Meat Co.	fieldroast.com
♥		<input type="checkbox"/>	Smoked Apple Sage Sausage Links	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Smoked Tomato Deli Slices and Quarter Loaves	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Wild Mushroom Deli Slices and Quarter Loaves	Field Roast Grain Meat Co.	fieldroast.com
		<input type="checkbox"/>	Beefless Slider	Gardein™	gardein.com
		<input type="checkbox"/>	Beefless Tips	Gardein™	gardein.com
		<input type="checkbox"/>	Breakfast Patties	Gardein™	gardein.com
	gf	<input type="checkbox"/>	Chipotle Black Bean Burger	Gardein™	gardein.com
		<input type="checkbox"/>	Chipotle Black Bean Slider	Gardein™	gardein.com
	gf	<input type="checkbox"/>	Garden Veggie Burger	Gardein™	gardein.com
		<input type="checkbox"/>	Meatless Meatballs	Gardein™	gardein.com
		<input type="checkbox"/>	Szechuan Beefless Strips	Gardein™	gardein.com
		<input type="checkbox"/>	Ultimate Beefless Burger	Gardein™	gardein.com
	gf	<input type="checkbox"/>	Ultimate Beefless Ground	Gardein™	gardein.com
♥		<input type="checkbox"/>	GimmeLean® Meatless Veggie Beef	LightLife™	lightlife.com
♥		<input type="checkbox"/>	GimmeLean® Meatless Veggie Sausage	LightLife™	lightlife.com
♥		<input type="checkbox"/>	Organic Tempeh (various flavors)	LightLife™	lightlife.com
♥		<input type="checkbox"/>	Smart Bacon® Meatless Veggie Bacon Strips	LightLife™	lightlife.com
		<input type="checkbox"/>	Smart Deli® Deli Slices (Bologna, Ham, Turkey)	LightLife™	lightlife.com

BEEF AND PORK ALTERNATIVES

		☑	PRODUCT	BRAND	WEBSITE
♥		<input type="checkbox"/>	Smart Deli® Pepperoni Slices	LightLife™	lightlife.com
		<input type="checkbox"/>	Smart Dogs® (Jumbo and Regular)	LightLife™	lightlife.com
♥		<input type="checkbox"/>	Smart Ground® Mexican Meatless Crumbles	LightLife™	lightlife.com
		<input type="checkbox"/>	Smart Ground® Original Meatless Crumbles	LightLife™	lightlife.com
		<input type="checkbox"/>	SoyRizo Vegan Chorizo	Melissa's	melissas.com
♥		<input type="checkbox"/>	Hickory BBQ Riblets	MorningStar Farms®	morningstarfarms.com
		<input type="checkbox"/>	Classic Flavor Meatless Meatballs	Nate's™	natesmeatless.com
		<input type="checkbox"/>	Savory Mushroom Meatless Meatballs	Nate's™	natesmeatless.com
♥		<input type="checkbox"/>	Zesty Italian Meatless Meatballs	Nate's™	natesmeatless.com
		<input type="checkbox"/>	Artisan Andouille Sausages	Tofurky®	tofurky.com
		<input type="checkbox"/>	Bologna Style Deli Slices	Tofurky®	tofurky.com
		<input type="checkbox"/>	Breakfast Links	Tofurky®	tofurky.com
		<input type="checkbox"/>	Chik'n and Apple Sausages	Tofurky®	tofurky.com
		<input type="checkbox"/>	Chorizo Style	Tofurky®	tofurky.com
	gf	<input type="checkbox"/>	Coconut Curry Marinated Tempeh	Tofurky®	tofurky.com
		<input type="checkbox"/>	Ground Beef Style	Tofurky®	tofurky.com
		<input type="checkbox"/>	Hot Dogs (Regular and Jumbo)	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Italian Deli Slices	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Italian Sausages	Tofurky®	tofurky.com
		<input type="checkbox"/>	Kielbasa Sausages	Tofurky®	tofurky.com
	gf	<input type="checkbox"/>	Organic Five Grain Tempeh	Tofurky®	tofurky.com
	gf	<input type="checkbox"/>	Organic Soy Tempeh	Tofurky®	tofurky.com
		<input type="checkbox"/>	Peppered Deli Slices	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Pepperoni Deli Slices	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Roast Beef Style Deli Slices	Tofurky®	tofurky.com
		<input type="checkbox"/>	Sesame Garlic Marinated Tempeh	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Smoked Ham Deli Slices	Tofurky®	tofurky.com
		<input type="checkbox"/>	Smoky Maple Bacon Marinated Tempeh	Tofurky®	tofurky.com
		<input type="checkbox"/>	Spinach Pesto Sausages	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Organic Tofu Veggie Burgers	Trader Joe's	traderjoes.com
♥		<input type="checkbox"/>	Meatless Meatballs	Trader Joe's	traderjoes.com
♥		<input type="checkbox"/>	Vegan Ham Roll	Vegetarian Plus®	vegetarian-plus.com
♥		<input type="checkbox"/>	Organic High Protein Tofu (various flavors)	Wildwood® Organic	wildwoodfoods.com
♥		<input type="checkbox"/>	SproutTofu® Veggie Burgers (various flavors)	Wildwood® Organic	wildwoodfoods.com
		<input type="checkbox"/>	Breakfast Patties	Yves Veggie Cuisine™	yvesveggie.com
♥		<input type="checkbox"/>	Meatless Canadian Bacon	Yves Veggie Cuisine™	yvesveggie.com

♥ *Theus Family Favorite!* gf *Gluten-free according to product's website* **PLEASE CHECK PACKAGE LABELS!**
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BEEF AND PORK ALTERNATIVES

		<input checked="" type="checkbox"/>	PRODUCT	BRAND	WEBSITE
♥		<input type="checkbox"/>	Meatless Deli Slices (various vegan flavors)	Yves Veggie Cuisine™	yvesveggie.com
♥		<input type="checkbox"/>	Meatless Ground (Original and Taco flavor)	Yves Veggie Cuisine™	yvesveggie.com
		<input type="checkbox"/>	Meatless Jumbo Veg Hot Dogs	Yves Veggie Cuisine™	yvesveggie.com
		<input type="checkbox"/>	Meatless Pepperoni	Yves Veggie Cuisine™	yvesveggie.com

POULTRY AND FISH ALTERNATIVES

		<input checked="" type="checkbox"/>	PRODUCT	BRAND	WEBSITE
		<input type="checkbox"/>	Original Chik'n Patties	Boca	bocaburger.com
♥		<input type="checkbox"/>	Spicy Chik'n Patties	Boca	bocaburger.com
		<input type="checkbox"/>	Original Chik'n Nuggets	Boca	bocaburger.com
		<input type="checkbox"/>	Barbeque Wings	Gardein™	gardein.com
♥		<input type="checkbox"/>	Chick'n BreaSt (Food Service Option)	Gardein™	gardein.com
♥		<input type="checkbox"/>	Chick'n Scallopini	Gardein™	gardein.com
		<input type="checkbox"/>	Chick'n Sliders	Gardein™	gardein.com
		<input type="checkbox"/>	Chipotle Lime Fingers	Gardein™	gardein.com
		<input type="checkbox"/>	Crispy Chick'n Patty	Gardein™	gardein.com
♥		<input type="checkbox"/>	Golden Fishless Filet	Gardein™	gardein.com
		<input type="checkbox"/>	Holiday Roast	Gardein™	gardein.com
		<input type="checkbox"/>	Mandarin Crispy Chick'n	Gardein™	gardein.com
		<input type="checkbox"/>	Marinara Chick'n Filets	Gardein™	gardein.com
		<input type="checkbox"/>	Savory Stuffed Turk'y	Gardein™	gardein.com
		<input type="checkbox"/>	Seven Grain Crispy Tenders	Gardein™	gardein.com
		<input type="checkbox"/>	Teriyaki Chick'n Strips	Gardein™	gardein.com
		<input type="checkbox"/>	Turk'y Cutlet	Gardein™	gardein.com
		<input type="checkbox"/>	Chi'k'n Grillers	MorningStar Farms®	morningstarfarms.com
♥		<input type="checkbox"/>	Hickory Smoked Deli Slices	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Oven Roasted Deli Slices	Tofurky®	tofurky.com
		<input type="checkbox"/>	Tofurky® Roast (available as full meal also)	Tofurky®	tofurky.com
♥		<input type="checkbox"/>	Vegan Fish Fillets	Vegetarian Plus®	vegetarian-plus.com
♥		<input type="checkbox"/>	Vegan Tuna Rolls	Vegetarian Plus®	vegetarian-plus.com
♥		<input type="checkbox"/>	Vegan Whole Turkey	Vegetarian Plus®	vegetarian-plus.com

DAIRY ALTERNATIVES

		☑	PRODUCT	BRAND	WEBSITE
	gf	<input type="checkbox"/>	Almond Breeze® Almond and Coconut Milks	Almond Breeze®	almondbreeze.com
♥	gf	<input type="checkbox"/>	Daiya Cheese (various flavors, styles)	Daiya Foods	daiyafoods.com
	gf	<input type="checkbox"/>	Daiya Cream Cheese Style (various flavors)	Daiya Foods	daiyafoods.com
	gf	<input type="checkbox"/>	Daiya Cheezecake (various flavors)	Daiya Foods	daiyafoods.com
♥	gf	<input type="checkbox"/>	Mindful Mayo®	Earth Balance®	earthbalancenatural.com
♥	gf	<input type="checkbox"/>	Organic Buttery Spreads	Earth Balance®	earthbalancenatural.com
	gf	<input type="checkbox"/>	Vegan Shortening	Earth Balance®	earthbalancenatural.com
	gf	<input type="checkbox"/>	Egg Replacer	EnerG	ener-g.com/egg-replacer.html
♥	gf	<input type="checkbox"/>	Chao Cheese (various flavors)	Field Roast Grain Meat Co.	fieldroast.com
	gf	<input type="checkbox"/>	Cream Cheese	Follow Your Heart®	followyourheart.com
♥	gf	<input type="checkbox"/>	Sour Cream	Follow Your Heart®	followyourheart.com
	gf	<input type="checkbox"/>	Vegan Cheeses (various flavors and styles)	Follow Your Heart®	followyourheart.com
	gf	<input type="checkbox"/>	Vegenaise (Vegan Mayonnaise - various blends)	Follow Your Heart®	followyourheart.com
	gf	<input type="checkbox"/>	Almond Dream® Non-Dairy Milks (various flavors)	Hain Celestial Group	tastethedream.com
	gf	<input type="checkbox"/>	Almond Dream® Non-Dairy Deserts (various flavors)	Hain Celestial Group	tastethedream.com
	gf	<input type="checkbox"/>	Coconut Dream® Non-Dairy Milks (various flavors)	Hain Celestial Group	tastethedream.com
	gf	<input type="checkbox"/>	Rice Dream® Non-Dairy Milks (various flavors)	Hain Celestial Group	tastethedream.com
	gf	<input type="checkbox"/>	Rice Dream® Non-Dairy Deserts (various flavors)	Hain Celestial Group	tastethedream.com
	gf	<input type="checkbox"/>	Soy Dream® Non-Dairy Milks (various flavors)	Hain Celestial Group	tastethedream.com
♥	gf	<input type="checkbox"/>	Soy Dream® Non-Dairy Deserts (various flavors)	Hain Celestial Group	tastethedream.com
♥	gf	<input type="checkbox"/>	Milks, Yogurts, Creamers (various flavors)	Silk®	silk.com
		<input type="checkbox"/>	So Delicious® Frozen Desserts (various flavors)	So Delicious®	sodeliciousdairyfree.com
♥	gf	<input type="checkbox"/>	Better Than Cream Cheese (various flavors)	Tofutti®	tofutti.com
♥		<input type="checkbox"/>	Cuties Non-Dairy Ice Cream Sandwiches	Tofutti®	tofutti.com
♥	gf	<input type="checkbox"/>	Ricotta Cheese	Tofutti®	tofutti.com
	gf	<input type="checkbox"/>	Sour Cream (Better Than Premium and Regular)	Tofutti®	tofutti.com
		<input type="checkbox"/>	Tofutti® Premium Frozen Desserts (various flavors)	Tofutti®	tofutti.com
		<input type="checkbox"/>	Organic Soy Ice Cream - Vanilla	Trader Joe's	traderjoes.com
	gf	<input type="checkbox"/>	Whole Soy Yogurts (various flavors)	Whole Soy®	wholesoyco.com

♥ *Theus Family Favorite!* gf *Gluten-free according to product's website* **PLEASE CHECK PACKAGE LABELS!**
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**“To become a vegetarian is to step into the stream which leads to
NIRVANA.”**

BUDDHA

Tofurky Veggie Wraps



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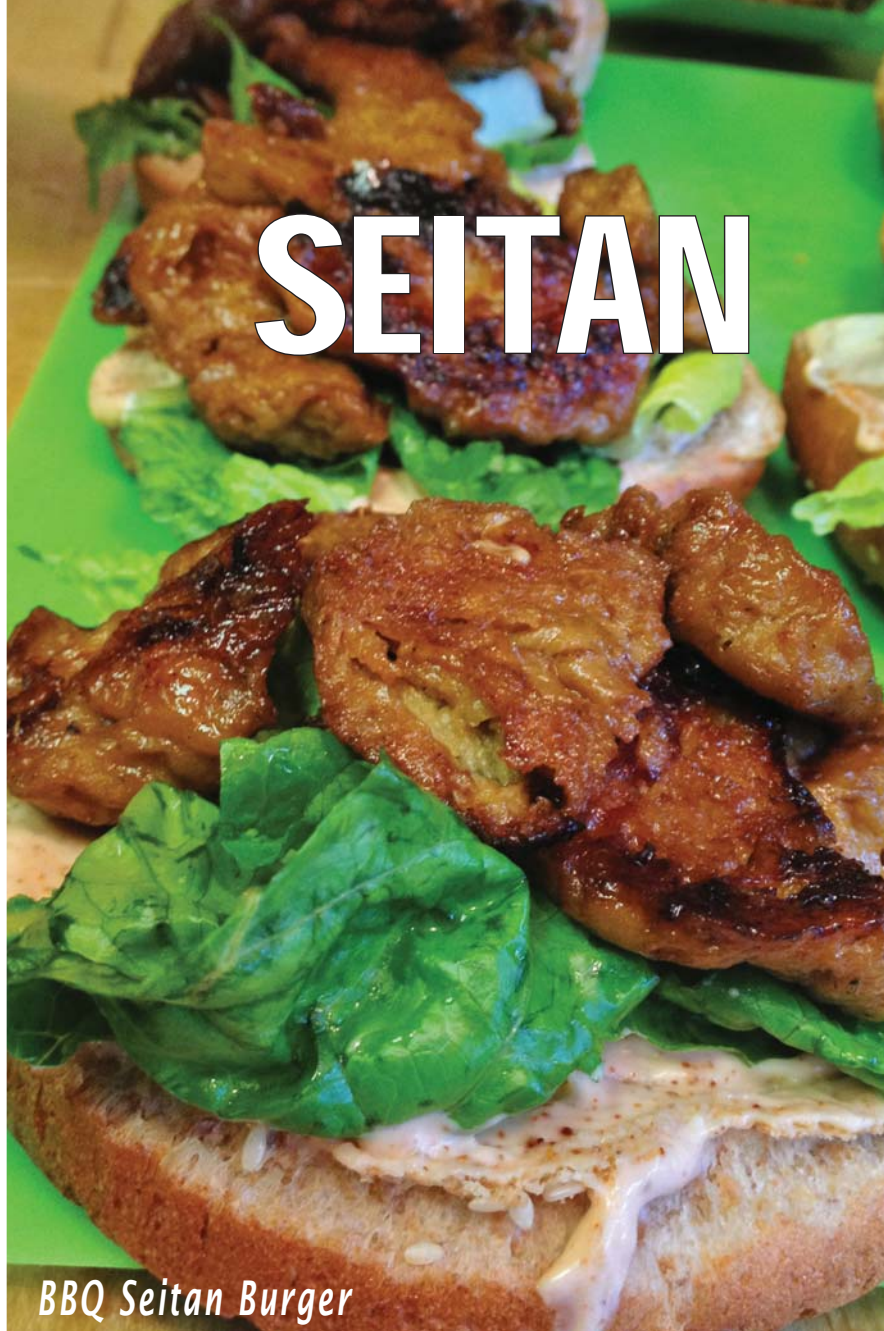
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“There is no fundamental difference between man and animals in their ability to feel pleasure and pain, happiness and MISERY.”

CHARLES DARWIN



UnBeef and Broccoli



SEITAN

BBQ Seitan Burger



BBQ Seitan



Thai Lettuce Boats



Seitan Steak

BASIC SEITAN *in 7 Steps!*

WHY WE LOVE THIS

SEITAN also known as “wheat meat” is derived from the protein portion of wheat. We love it because it is delicious, has more protein (75g per 8oz) than meat, and it’s cheap (less than \$2/lb)! Super easy to make and is the base for so many of our favorite dishes. This recipe makes enough “meat” to feed our family for 2 -3 days and stays fresh in the refrigerator for about a week. Don’t let the number of steps scare you! It’s so easy you’ll be doing it in your sleep in no time! See step-by-step photos on the next page for reference!

PREPARATION TIME: 15 - 20 MINUTES

COOKING TIME: 1 HOUR

YIELD: 4 - 5 CUPS

- 2 Cups Vital Wheat Gluten Flour
- 2 teaspoons Spike® or your favorite veggie seasoning
- 1 teaspoon garlic powder
- 1 ¾ cup warm water

BROTH

- 6 cups water
- 2 tablespoons Liquid Aminos or Soy Sauce
- 2 tablespoons Molasses
- 1 vegetable bouillon cube
- 1 tablespoon oil

- 1 Put 2 cups of the vital wheat gluten in a large bowl. Add Spike and garlic powder - mix together.
- 2 Add 1 ¾ cup warm water. Stir. After the water is well mixed, remove the dough ball from the bowl.
- 3 Knead the dough for about 2 minutes and form into a roll. Cut roll into 4 pieces and then again into smaller pieces - about 30 in total. **Tip:** You can just leave the seitan in 4 large pieces if you will use it as steak, burgers or strips.
- 4 For the broth, bring 6 cups of water to a boil. Add the Liquid Aminos (or Soy Sauce), Molasses, vegetable bouillon and oil. Add the seitan pieces to the broth and cover - letting it return to a boil.
- 5 After the broth is boiling again, the seitan will “bubble up” and become large, “fluffy” pieces, pushing against the lid. Reduce heat to medium or medium - low and let simmer for 1 hour, keeping covered throughout the process. Be sure to check every few minutes and use a spoon to “pat down” the seitan pieces when they “fluff up.” Also make sure that no pieces are sticking to the bottom or sides of the pan.
- 6 After about an hour, there should be very little liquid left in the pan. Remove the seitan pieces and let them drain and cool. After cooling, squeeze out excess liquid.
- 7 Your seitan is now ready to use! Cut into smaller pieces if desired depending upon the recipe. The last image shows how it looks when cut. Notice the fibrous interior which is perfect for soaking up your favorite sauces!



BBQ SEITAN



- 1** Mix all ingredients for the BBQ Sauce in a saucepan. Simmer slowly for 45 minutes, stirring every 5 - 10 minutes to avoid burning. The sauce will darken during the cooking process. It can be used immediately or stored for up to two weeks in the refrigerator.
- 2** Cut the seitan into bite-sized cubes. Sauté the onions in a large pan or skillet until the onions are soft (about 2 min). Add the seitan.
- 3** Add enough BBQ sauce to cover the seitan. Reduce the heat and let simmer about 5 - 7 min, stirring occasionally.
- 4** After the seitan is tender and well marinated with the sauce, turn up the heat to “high” and quickly stir-fry the seitan. This will sear the sauce onto each piece and give it a more crispy texture and an authentic BBQ look. Let the seitan cool. It is now ready to eat or add to a sandwich, wrap or salad!

BBQ Seitan is so versatile, the possibilities are endless! You can put it on a sandwich or just have it as a side dish with brown rice or topped on a salad.

PREPARATION TIME: 20 MINUTES

(if your BASIC SEITAN and BBQ Sauce is already prepared)

COOKING TIME: 20 MINUTES

YIELD: 2 CUPS

- 2 Cups Basic Seitan or 16oz pre-packaged seitan
- ½ chopped sweet onion
- 2 cups BBQ Sauce
- Oil for sautéing

BBQ SAUCE

- 16 oz tomato sauce
- 2 tablespoons apple cider vinegar
- ½ cup molasses
- 2 tablespoons ketchup
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 2 teaspoons onion powder (or granulated)
- 2 tablespoons brown sugar
- 1 tablespoon liquid smoke
- 1 tablespoon agave nectar
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- ½ cup sweet chili or teriyaki sauce (optional)
- Hot sauce to taste (optional for a spicy BBQ sauce)

SEITAN STEAK

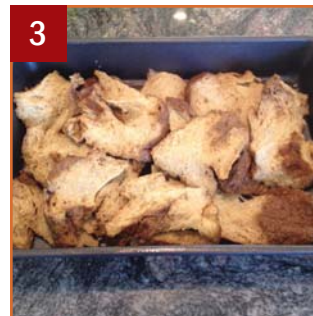
Seitan Steak is another way to enhance your BASIC SEITAN. It is a wonderful, meaty texture and is great on sandwiches or as the centerpiece of your meal.

PREPARATION TIME: 10 MINUTES
(if your BASIC SEITAIN is already prepared)
MARINADE TIME: 15 MINUTES
COOKING TIME: 30 - 40 MINUTES
YIELD: APPROXIMATELY 16 SLICES

- 1 recipe Basic Seitan (cut into 4 large pieces)
- ¼ cup low sodium tamari sauce
- ¼ cup oil (olive oil is good for this recipe)
- 1 teaspoon minced garlic
- 1 teaspoon or 1 cube vegetable bouillon
- 1 cup water

- 1 Preheat oven to 350°
- 2 Mix marinade ingredients in large bowl
- 3 Slice each seitan ball into about 4 – 6 slices.
- 4 Pour marinade into a shallow pan (13x9 or 8x8 pan), and put slices into marinade. Let sit for 15 minutes, and then remove and place on a greased cookie sheet. Pour remaining marinade over the slices.
- 5 Bake at 350° for about 15 - 20 minutes. Flip and then bake for another 15 - 20 minutes.

Seitan Steak is in regular rotation at our house and perfect with stuffing and cranberry sauce as pictured at right. It is one of our “go to” dishes for Thanksgiving and other holidays, or even for a Sunday dinner.



TIP!

Sauté the Seitan Steak with onions and BBQ or Teriyaki Sauce for a sweet and savory dish



BBQ SEITAN BURGER



PREPARATION TIME: 12 MINUTES

(if your BASIC SEITAN and BBQ Sauce is already prepared)

COOKING TIME: 10 MINUTES

YIELD: 4 SANDWICHES

- 8 slices SEITAN STEAK
- ½ sweet onion, thinly sliced
- ½ cup BBQ SAUCE
- 4 teaspoons ground cumin
- 4 burger buns or submarine sandwich rolls
- vegan mayo (we prefer Vegenaïse®)
- 1 tomato, sliced
- 1 avocado, sliced (optional)
- fresh greens
- Oil for sautéing

- 1** Put in enough oil to coat the bottom of a skillet and heat to medium heat. Sauté the onions until they are translucent and then add the seitan slices.
- 2** Add the BBQ sauce, turn up the heat, and continue to cook, stirring the seitan and onions constantly. Cook for a couple of minutes until the seitan is slightly crispy and the onions are caramelized.
- 3** Spread a thin layer of Vegenaïse® on the inside of each bun or roll. Add the seitan and onions, a little more BBQ sauce (to taste), fresh greens, tomato and avocado, and spinach, kale or sprouts.

Don't want a burger? Another variation is to add some BBQ Seitan to brown rice and vegetables.



UNBEEF AND BROCCOLI



PREPARATION TIME: 12 MINUTES

(if your BASIC SEITAN and BBQ Sauce is already prepared)

COOKING TIME: 25 MINUTES

YIELD: 6 SERVINGS

- 4 cups BASIC SEITAN, cut into strips
- 2 tablespoons low sodium soy or tamari sauce
- 1/3 cup Teriyaki sauce
- 1 tablespoon black bean garlic sauce (we use Lee Kum Kee®)
- 2 heads broccoli crowns, chopped
- ½ medium sweet onion, chopped
- 1 clove fresh garlic, minced
- 10 oz sliced mushrooms (King Trumpet if available)
- Cooked brown rice or noodles (optional)
- Oil for sautéing

- 1** Sauté the seitan strips in a little bit of oil with 1 tablespoon of soy (or tamari) sauce. Continue to cook on high heat until the seitan is browned.
- 2** Add the Teriyaki sauce (to taste) and continue to sauté the seitan until crispy. Add the black bean garlic sauce and mix well. The whole process should not take more than 10 minutes and the seitan should be brown and crispy on the outside but tender on the inside. Remove the pan from the heat and set aside.
- 3** Steam the broccoli for 4 - 5 minutes until crisp and tender. Drain and set aside.
- 4** In a large wok or pan, sauté the onion and garlic until the onion becomes soft. Add the broccoli, mushrooms, the remaining soy (or tamari) sauce, and continue to sauté until the mushrooms become tender.
- 5** Add the seitan to the cooked vegetables and mix well. Serve over brown rice or noodles of your choice (Moroheiya noodles by GreeNoodle® are a great choice!)

CURRY SEITAN



- 1 Sauté the potatoes and onion in a little oil for about 10 minutes.
- 2 Add the curry sauce and sweet corn chili (if you decided to use it), and the seitan. Mix well, cover, and let simmer for about 20 minutes.
- 3 After simmering, the sauce should be well absorbed in the seitan. Serve over rice, in a wrap, or just eat as is. Enjoy!



This is a super simple dish and a great use of leftover BASIC SEITAN. You can make your CURRY SAUCE from scratch, or use your favorite pre-prepared brand.

PREPARATION TIME: 10 MINUTES

(if your BASIC SEITAN and CURRY SAUCE is already prepared)

COOKING TIME: 20 MINUTES

YIELD: 4 CUPS

- 2 small potatoes, chopped
- 1 medium onion, chopped
- 16 oz curry sauce of your choice (Trader Joe's Curry Simmer Sauce is a great alternative)
- 3 tablespoons Trader Joe's Sweet Corn Chili (optional)
- 2 Cups Basic Seitan or 16oz pre-packaged seitan, cut into large, bite-sized pieces
- 2 cups cooked rice (optional)
- Oil for sautéing

TIP!

Check out our recipe for Yellow Curry with Chick'n or Tofu also!

MAPO SEITAN with Broccoli



PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

YIELD: 3 - 4 SERVINGS

- 4 Cups Basic Seitan or 32oz pre-packaged seitan, cut into large, bite-sized pieces
- ½ cup flour
- 1 tablespoon corn starch
- ¼ chopped red onion
- 2 heads broccoli crowns, chopped
- 3 cups cooked rice (optional)
- Oil for sautéing

- 1** Put the cubed seitan on a paper towel to drain excess water if necessary. Mix flour and cornstarch together. Place cubes into the flour cornstarch mix to coat the seitan.
- 2** Heat oil until hot (add a drop of water to the oil, it should splatter when ready). Fry the coated seitan for 5 - 6 minutes until light brown and crispy. Set on paper towels to drain and cool.
- 3** For the sauce, mix together the sweet chili sauce, black bean garlic sauce and soy sauce. Set aside.
- 4** Lightly sauté, in a little bit of oil, the onions and broccoli for about 4 – 5 minutes until the broccoli is tender but not soft. Cover and let steam for a few moments if necessary. Turn off the heat and add the seitan.
- 5** Stir in the sauce. Serve over rice.

SAUCE

- ¾ cup sweet chili sauce
- 2 teaspoons black bean garlic paste (Lee Kum Kee Black Bean Garlic Sauce recommended)
- 4 tablespoons soy sauce

SWEET & SOUR SEITAN



Basically the same recipe as our FRIED CHICK'N, except we use BASIC SEITAN and toss it with vegetables and sweet & sour sauce!

PREPARATION TIME: 12 MINUTES

(if your BASIC SEITAN is already prepared)

COOKING TIME: 30 MINUTES

YIELD: 4 SERVINGS

- 1** In a small mixing bowl, combine the flour, salt, garlic powder, pepper and Spike®. Mix thoroughly. In another small bowl, mix the mustard with the water. Add 2 tablespoons of the flour mixture to the mustard and water and stir until the lumps of flour are smooth and you have a batter about the consistency of pancake batter.
 - 2** Heat the oil in a large frying pan (or deep fryer) on high heat. There should be enough oil in the frying pan to cover the bottom and about 1 inch deep.
 - 3** Dip each seitan cube into the mustard batter, and then into the flour mixture. Fry the seitan until golden brown, turning as needed (about 5 minutes each side). Remove from heat and let drain on paper towels to remove excess oil.
 - 4** In a large saucepan, bring a small amount of water to a boil and add all the vegetables. Cook until broccoli is tender and bright green (about 5 minutes) and then turn off the heat and drain the excess liquid.
 - 5** Add the seitan pieces to the steamed vegetables, then add the pineapple and sweet & sour sauce. Simmer for a couple of minutes until warmed. Serve over rice or eat as is!
- 4 cups BASIC SEITAN, cubed
 - 2 cups flour
 - 1 teaspoon salt
 - ½ teaspoon garlic powder
 - 1 teaspoon pepper
 - 1 teaspoon Spike® (optional)
 - ½ cup warm water
 - 4 tablespoons yellow mustard
 - 2 cups broccoli, chopped
 - ½ sweet onion, chopped
 - 1 carrot, sliced
 - 1 cup red cabbage, thickly sliced
 - 1 sweet orange pepper, chopped and lightly steamed
 - 1 cup fresh pineapple, cut into large chunks
 - 2 cups sweet & sour sauce of your choice
 - oil for frying
 - 2 cups cooked jasmine rice (optional)

THAI LETTUCE BOATS



PREPARATION TIME: 15 MINUTES
(if your BASIC SEITAN is already prepared)
COOKING TIME: 20 MINUTES
YIELD: 12 LETTUCE BOATS

- 1** In a small skillet, sauté the ginger, garlic, bell peppers, green onions and jalapeño pepper in a small amount of oil until the vegetables are tender. Drain and put in small bowl.
 - 2** Add the coconut milk, lime juice, cilantro, parsley, basil, sea salt and pepper to the vegetables. Pour into the cooked rice and mix well. Set aside.
 - 3** Sauté the finely chopped seitan in a little oil and add the soy sauce, red curry sauce and sriracha sauce. Continue to sauté until the seitan is brown and crispy.
 - 4** Put a few spoonfuls of the rice mixture on 1 lettuce leaf. Top with a few spoonfuls of the seitan. Repeat the process for the remaining lettuce leaves.
- 1 tablespoon minced ginger
 - 2 teaspoons minced garlic
 - 1/3 cup diced red bell pepper
 - 1/3 cup diced orange bell pepper
 - 1/4 cup sliced green onions
 - 1 jalapeño pepper, finely diced
 - ½ cup coconut milk
 - 2 tablespoons lime juice
 - 1 tablespoon chopped cilantro
 - 1 tablespoon chopped parsley
 - 3 tablespoons finely chopped fresh basil
 - 1 teaspoon sea salt
 - ¼ teaspoon pepper
 - 3 cups cooked jasmine rice
 - 3 cups BASIC SEITAN, finely chopped
 - 2 tablespoons low-sodium soy sauce
 - 1 tablespoon Thai red curry sauce
 - 1 tablespoon sriracha sauce
 - oil for sautéing
 - 12 large lettuce romaine lettuce leaves, loose

TIP!

*Great with Yellow Curry
with Chick'n
or Tofu also!*

PHILLY CHEESESTEAK



I lived in Philadelphia for 2 years as a child and STILL remember the epic Philly Cheesesteak. On a recent trip there, I came across a vegan restaurant - HipCityVeg, that had the BEST.CHEESESTEAK. EVER. Our version, using Homemade BBQ Seitan was inspired by that visit!

PREPARATION TIME: 10 MINUTES (if your BBQ SEITAN is already prepared)

COOKING TIME: 15 MINUTES

YIELD: 2 SANDWICHES

- 1 Sauté the BBQ Seitan strips, sweet pepper, onion, and mushrooms in a bit of oil. Add the liquid smoke, cumin, garlic and ketchup. Continue to sauté until the seitan is a bit crispy.
- 2 Spread the Vegenaïse® on the inside of the buns and then add the seitan mixture.
- 3 Tear the cheese into little pieces and top the sandwiches with it.
- 4 Broil on high heat for 2 - 3 minutes until the cheese is well melted and the buns are a bit crispy.

- 8 strips BBQ SEITAN, or 8 strips of the vegan beef substitute of your choice.
- ½ sweet pepper, sliced thin
- ¼ onion, sliced thin
- 2 - 3 mushrooms, sliced (optional)
- 1 teaspoon liquid smoke
- ½ teaspoon ground cumin
- ½ teaspoon ground garlic
- 1 - 2 tablespoons ketchup
- 2 soft hoagie buns (we use Pretzilla® Soft Pretzel Sausage Buns)
- 1 tablespoon Vegenaïse®
- 2 slices vegan cheese (Chao® Creamy Original or Daiya® Mozzarella Style are both great)
- oil for sautéing



SIZZLING STEAK FAJITAS



- 1** Sauté the seitan (or veggie beef) strips in a little oil and 1/2 of the fajita seasoning packet. Cook until the strips are a little crispy and covered with seasoning. Remove the strips and set aside.
- 2** In the same skillet, add a little more oil and sauté the onion, mushrooms, and peppers with the remaining fajita seasoning. Cook until the peppers are slightly softened.
- 3** In a small bowl, combine the black beans and the sweet corn chili salsa. You are now ready to make the fajitas.
- 4** Layer the ingredients (from the bottom) on the tortillas as follows:
 - Seitan or Beef Strips
 - Onion/mushroom/pepper mixture
 - Beans (about 1 tablespoon)
 - Salsa (about 1 tablespoon)
 - Cilantro (about 1/2 tablespoon)
 - Green onions and guacamole (optional)

PREPARATION TIME: 20 MINUTES
(if your BASIC SEITAN is already prepared)
COOKING TIME: 20 MINUTES
YIELD: 6 FAJITAS

- 4 cups BASIC SEITAN, cut into strips, or vegan beef strips of your choice
- 1 package Simply Organic® Fajita Seasoning (about 1 oz.) or the Mexican Seasoning of your choice
- 1/2 onion, thinly sliced
- 2 large portobello mushrooms, sliced about 1/4 inch thick
- 1/2 sweet orange pepper, sliced
- 1/2 yellow pepper, sliced
- 1 can (14 oz.) black beans, rinsed and drained
- 4 tablespoons sweet corn chili salsa (optional - we use Trader Joe's® brand)
- 6 tablespoons salsa or pico de gallo
- 3 tablespoons chopped cilantro
- 6 flour tortillas
- guacamole (optional)
- chopped green onions (optional)
- oil for sautéing



SOFT TACOS



- 1** If making “beef” style tacos, put Smart Ground® Veggie Crumbles into a small bowl and set aside. If making seitan or chick’n style tacos, heat a little oil in a large skillet and sauté the chopped seitan or Gardein™ with the Mexican Seasoning. They should be well seasoned and a bit crispy. Remove from the pan and set aside.
- 2** In the same skillet, heat a small amount of oil and lightly sauté one tortilla for a few seconds, flipping it once. This is just to moisten and soften it up.
- 3** Remove the tortilla from the pan. If using guacamole, spread a thin layer of it inside the tortilla, and then add one large spoonful of the veggie meat (seitan, SmartGround® or Gardein™) in the center of it, spreading it out so that it is a line down the center. Continue to fill the taco with the remaining ingredients. (Optional) - double the tortillas if necessary. This will help hold the ingredients.
- 4** Repeat the process for the remaining tortillas.

There are so many ways to make soft tacos. You can use seitan, tofu, Gardein™, Smart Ground® or even veggie fish.

PREPARATION TIME: 20 MINUTES

(if your BASIC SEITAN is already prepared)

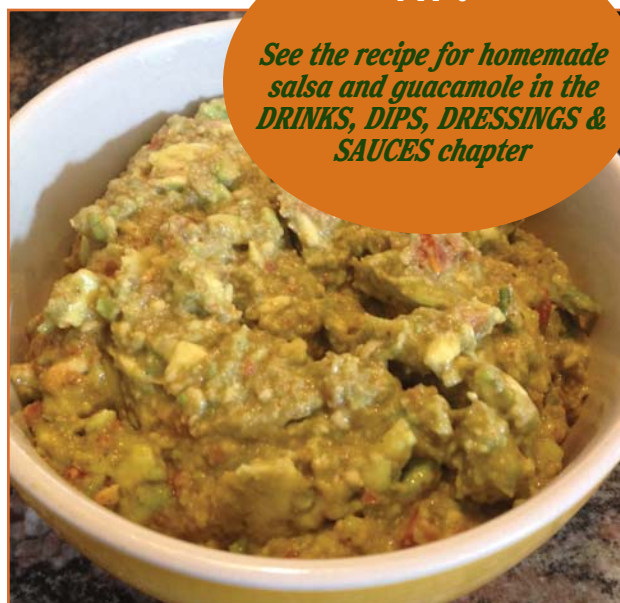
COOKING TIME: 20 MINUTES

YIELD: 1 DOZEN TACOS

- 3 cups BASIC SEITAN, cubed, or 1 (12 oz.) package SmartGround® Mexican Style Crumbles, or 6 Gardein™ chick’n breasts, chopped
- 2 teaspoons Mexican Seasoning of your choice (not necessary if using the SmartGround®)
- 1 dozen corn tortillas
- 1 bunch cilantro, chopped
- 1 cup pico de gallo or salsa of your choice
- 1 cup black beans, cooked, rinsed and drained
- 1 cup rice, cooked
- guacamole (optional)
- vegan sour cream (optional)
- oil for sautéing

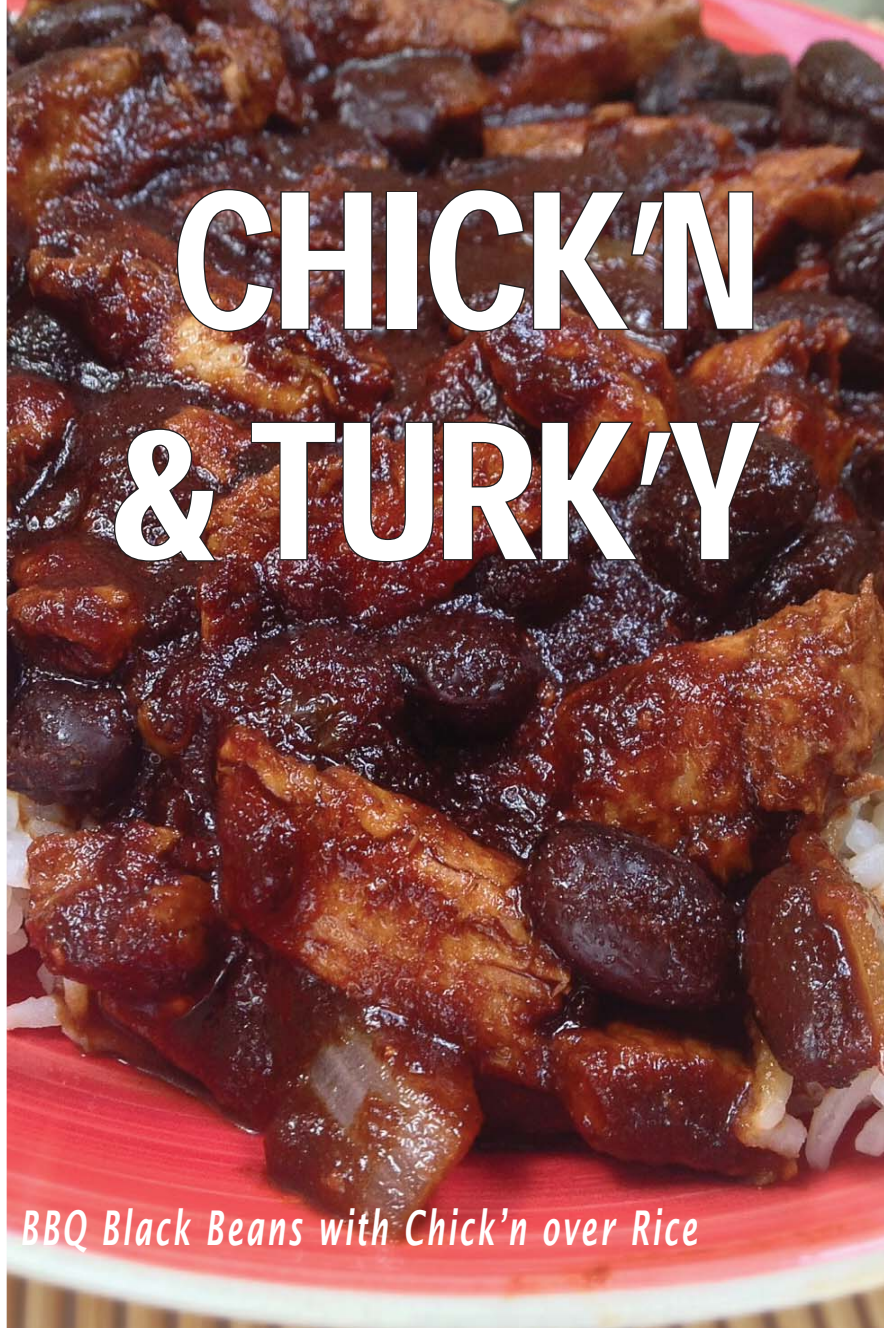
TIP!

See the recipe for homemade salsa and guacamole in the DRINKS, DIPS, DRESSINGS & SAUCES chapter





Fried Chick'n



CHICK'N & TURK'Y

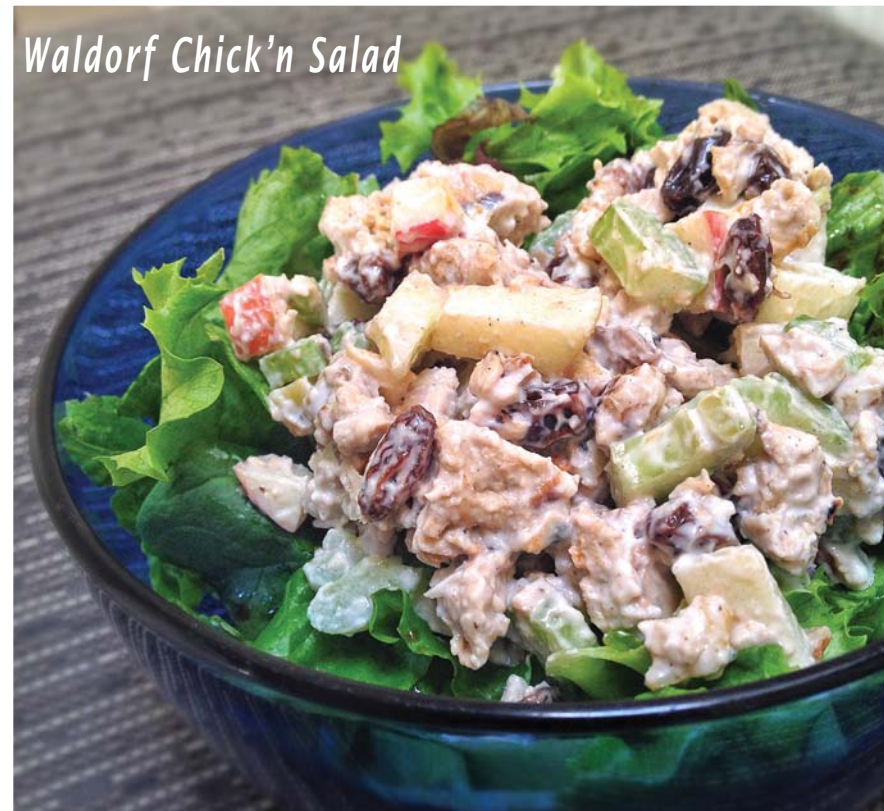
BBQ Black Beans with Chick'n over Rice



Grilled Teriyaki Chick'n



Curry Chick'n Wrap



Waldorf Chick'n Salad

FRIED CHICK'N



- 1** In a small mixing bowl, combine the flour, salt, garlic powder, pepper and Spike®. Mix thoroughly. In another small bowl, mix the mustard with the water. Add 2 tablespoons of the flour mixture to the mustard and water and stir until the lumps of flour are smooth and you have a batter about the consistency of pancake batter.
- 2** Heat the oil in a large frying pan (or deep fryer) on high heat. There should be enough oil in the frying pan to cover the bottom and about 1 inch deep.
- 3** Dip each Gardein™ slice into the mustard batter, and then into the flour mixture. Fry each slice on both sides in oil until golden brown (about 5 minutes each side). DO NOT OVERCOOK! Remove from heat and let each piece drain on paper towels to remove excess oil.
- 4** **OPTIONAL:** Put the BBQ or Buffalo Wings sauce in a small bowl and dip each side of the cooled fried chick'n until it is well coated. Cover a broiler pan with aluminum foil and place the chick'n on the pan. Broil each side under high heat until crispy. Or, just dip them in the sauce and eat!

Where would Black Folks be without fried chick'n? Yes, we follow a vegan diet but I could not leave my Mother's southern fried chick'n behind so I created this "veganized" version which is a hit with our family, friends and everyone else that has tried it. It is our #1 most requested dish when entertaining company. You can have it plain, BBQ style or Hot Wings style. It's great on a burger, wrap, or with a side dish of SOUTHERN STYLE MAC and CHEESE.

These stay moist in the refrigerator for days and are a perfect travel food. It's what we ate when we drove cross-country and what Londale Jr. cooked for his basketball road trips while in college.

Endless possibilities and sure to become a favorite of yours as well!

PREPARATION TIME: 12 MINUTES

COOKING TIME: 30 MINUTES

YIELD: ABOUT 24 PIECES

- 8 pieces Gardein™ chick'n "breasts" cut into strips (about 3 strips each). **TIP:** Gardein™ is our favorite vegan chick'n, but you can use any brand. **2nd TIP:** You can also leave the breasts in tact and make 8 large patties instead - perfect for chick'n burgers.
- 2 cups flour (or 1 cup flour and 1 cup panko bread crumbs for extra crispy chick'n)
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 1 teaspoon pepper
- 1 teaspoon Spike® (optional)
- ½ cup warm water
- 4 tablespoons yellow mustard
- 2 cups BBQ SAUCE (recipe on page 171) or Hot Wings Sauce (optional)
- Oil for frying (grapeseed recommended)

GRILLED TERIYAKI CHICK'N



It really does not get any easier than this. The Gardein™ patties we use in this recipe are available in many grocery stores such as Whole Foods Market and even some major chains in the fresh deli section. These are especially for food-service, are pre-cooked and come complete with grill lines! Serve on a salad, with steamed vegetables and rice for dinner in less than 10 minutes.

Ask your local market to order them for you - so worth it. In the meantime, you can always use frozen Gardein™ available nationwide.

PREPARATION TIME: 2 MINUTES

COOKING TIME: 6 MINUTES

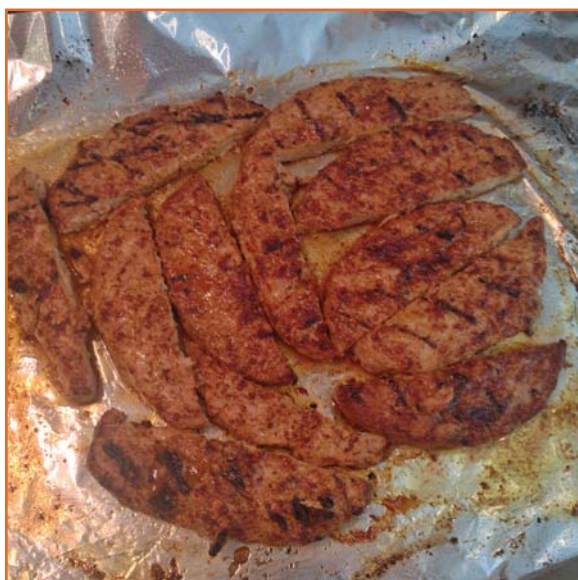
YIELD: 3 PIECES

- 1 Sauté the Gardein™ on each side in a little oil and Teriyaki sauce for a total of about two - three minutes until they are slightly browned.

- 3 pieces Gardein™ chick'n "breasts"
- Teriyaki Sauce
- oil for sautéing



BLACKENED CHICK'N or TEMPEH



You can use vegan chick'n or tempeh (bottom picture) for this quick, flavorful recipe.

PREPARATION TIME: 8 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 3 - 4 SERVINGS

- ½ teaspoon Mexican Seasoning
- ½ teaspoon ground cumin
- ½ teaspoon Simply Organic® Mole spice (optional)
- 1 teaspoon smoked paprika
- 1 teaspoon hickory liquid smoke
- 1 tablespoon olive oil
- ¼ teaspoon sea salt
- 4 pieces Gardein™ chick'n "breasts" sliced, OR 2½ cups chopped vegan chick'n of your choice OR 4 large pieces of tempeh

- 1** Combine spices, olive oil and liquid smoke.
- 2** Coat each chick'n slice (or tempeh piece) with the mixture.
- 3** Add a little oil to an iron or non-stick skillet and bring to a high heat.
- 4** Place the chick'n or tempeh in the skillet and press down with a spatula so that the spices are seared into the pieces. Cook for about 2 minutes, flip, and then repeat the process on the other side.
- 5** Turn off the heat and then "mop up" the spice residue in the skillet with the chick'n or tempeh.

CHICK'N FRIED RICE



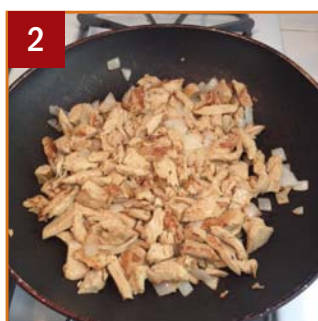
Chick'n Fried Rice is a favorite side dish of ours and can even be eaten as a main course. This was another favorite for Londale Jr. while he was in college because it was so easy to make - which he did many times right in his dorm room!

As a side dish, it goes great with SEITAN STEAK, or BBQ SMOKED APPLE SAGE SAUSAGE.

PREPARATION TIME: 8 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 4 - 6 SERVINGS



- ½ onion, chopped
- 4 pieces Gardein™ chick'n "breasts" chopped into bite-sized pieces, or 2½ cups chopped vegan chick'n of your choice
- 2½ teaspoons Spike® Seasoning
- ½ teaspoon black pepper
- 3 cups cooked rice
- oil for sautéing

- 1** In a large skillet, heat oil and sauté the vegan chick'n, onions, and about ½ teaspoon Spike® until the onion is translucent and the chick'n is slightly browned.
- 2** Add rice and slightly more oil to the chick'n and onion. Keep cooking on high heat to blend the flavors. Make sure to stir constantly so that the mixture does not burn. Reduce the heat to medium.
- 3** Add the remaining 2 teaspoons of Spike®, and pepper and continue to stir. Taste and add more Spike® or pepper to taste.

MEXICAN STYLE RICE with BLACK BEANS & CHICK'N



- 1** In a large skillet, heat oil and sauté Gardein™ (or vegan chick'n), onion, 1 tablespoon of the Mexican Seasoning and cumin until the onion is translucent and the chick'n is slightly browned.
- 2** Add the beans, rice, and sweet corn chili and continue to cook until the rice is a little bit crispy.
- 3** Add more Mexican Seasoning and cumin to taste if necessary, and stir to blend flavors. It is now ready to serve!

I love this rice because it is so easy and versatile and you can do so many things with leftovers! Here are a few suggestions:

- Eat it “as is” for a main course
- Add stewed tomatoes and tomato sauce for a hearty soup
- Add guacamole and salsa and wrap it in a burrito
- Add some vegan cheese and make a quesadilla (See KAMAAL'S CHICK'N QUESADILLAS on page 96 for recipe idea)

PREPARATION TIME: 5 MINUTES (if your rice is already cooked)

COOKING TIME: 8 MINUTES

YIELD: 4 - 6 SERVINGS

- 4 pieces Gardein™ chick'n “breasts” chopped into bite-sized pieces, or 2 cups chopped vegan chick'n of your choice
- ½ sweet onion, chopped
- 1 - 2 tablespoons Mexican Seasoning
- 1 teaspoon ground cumin
- 1 cup cooked black beans, rinsed and drained
- 2 cups cooked rice (brown or white)
- 4 tablespoons sweet corn chili (optional - Trader Joe's® makes a good one)
- oil for sautéing

BBQ BLACK BEANS with CHICK'N & RICE



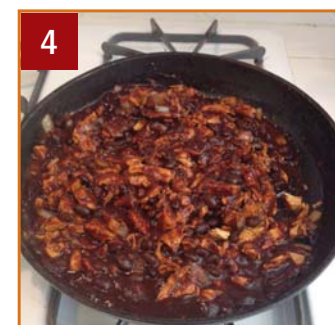
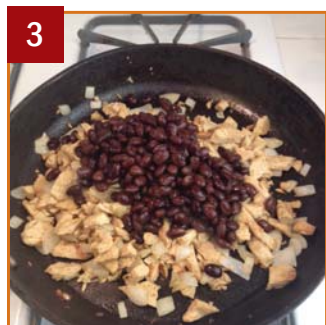
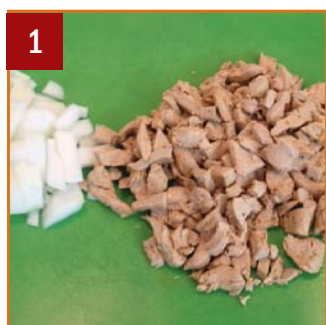
BBQ Black Beans with Chick'n & Rice is a hearty dish that is easy to prepare and makes a great "centerpiece" for your vegan dinner. Great use of leftover BBQ sauce also!

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 - 15 MINUTES

YIELD: 4 - 6 SERVINGS

- ½ sweet onion, chopped
- 4 pieces Gardein™ chick'n "breasts" chopped into bite-sized pieces, or 2½ cups chopped vegan chick'n of your choice
- 1 teaspoon ground cumin
- 1 (15 oz.) can black beans, washed and rinsed
- 1½ cups BBQ SAUCE
- dash of sea salt (optional)
- oil for sautéing
- 3 cups cooked rice



- 1** In a large skillet or frying pan, add a small amount of oil and sauté the chopped onion, Gardein™ and cumin on medium-high heat until the onions become translucent and the Gardein™ or vegan chick'n is slightly brown and firm.
- 2** Add the black beans and BBQ sauce and continue to cook for a couple of minutes, stirring constantly so that the beans won't stick. Taste. Add more cumin or a dash of sea salt if necessary and let simmer for about five minutes. Serve over a bed of cooked rice.

CURRY MASALA CHICK'N on FLATBREAD



One of my Trader Joe's favorites is the "Vegetable Masala Burger." Don't let the name fool you - it's nothing like a burger - think of it more like an "Indian Potato Pancake." We love this "burger" because it is ready in just 10 minutes and needs no additional seasoning. We have them as a side dish or put them in wraps for a little variety. You can find them in the freezer section of the store - be sure to check them out!

PREPARATION TIME: 20 MINUTES

COOKING TIME: 35 MINUTES

YIELD: 6 WRAPS



- 2 yams, cut into bite-sized pieces
- 1 package Trader Joe's® Vegetable Masala Burgers (4 burgers)
- 2 packages Trader Joe's® Chicken-less Strips (or 4 pcs Gardein® chick'n or 2 cups chopped BASIC SEITAN)
- ½ large onion, chopped
- 1 jar Trader Joe's® Curry Simmer sauce
- 1 can (15 oz.) garbanzo beans, rinsed and drained
- 2 tablespoons Trader Joe's® Corn and Chile Tomato-Less Salsa (optional)
- 1 package Trader Joe's® Middle Eastern Flatbread (or 6 tortillas)
- 1 cup cooked brown rice (optional)
- Oil for sautéing



- 1** Preheat oven to 400 degrees. Wash and cut yams. Toss with a bit of olive oil and put on a non-stick pan or lined with aluminum foil and lightly greased. Bake for 33 minutes. While the yams are in the oven, cook the Vegetable Masala Burgers according to package directions and set aside. (We sauté for about 10 minutes, flipping once)



- 2** Chop the Chicken-less Strips and onion. Sauté with a bit of oil and a couple tablespoons of the Curry Simmer Sauce. When the Chicken-less pieces are a bit crispy, add the garbanzo beans and continue to cook for about 2 minutes, adding a bit more Curry Simmer Sauce. Transfer to a large bowl.



- 3** Add the cooked Vegetable Masala Burgers to the chick'n/garbanzo bean mixture. Cut the burgers up a little so that they are in large chunks. Add the cooked yams to the mix and combine.



- 4** Add the Corn and Chili Salsa (optional). Spread the mixture on the flatbread, or serve over a bowl of cooked rice. Top with more Curry Simmer sauce if desired.

YELLOW CURRY with CHICK'N or TOFU



- 1 Combine the coconut milk, water, soy sauce, red curry paste, agave nectar and lime juice in a large pot and simmer over medium heat.
- 2 In a small mixing bowl, combine the remaining spices of the YELLOW CURRY SAUCE. Add the spice mixture to the liquid, mixing well and stirring occasionally. Let the curry continue to simmer while you prepare the vegetables in the next step.
- 3 Add the vegetables and Gardein® chick'n (or tofu) to the curry. Let simmer another 30 minutes.
- 4 Serve with rice.

This Thai inspired yellow curry is a delicate mixture of spices blended together for a creamy, savory dish. Don't let the number of ingredients scare you - this is a VERY simple dish!

PREPARATION TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

YIELD: ABOUT 8 SERVINGS

YELLOW CURRY SAUCE

- 3 15.5 oz cans coconut milk (about 46oz total)
- 1 cup water
- 1 tablespoon soy or tamari sauce
- 4 oz red curry paste
- 2 tablespoons agave nectar
- juice of ½ lime (about 1 tablespoon)
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 teaspoons turmeric
- ½ teaspoon sea salt
- ¼ teaspoon ground nutmeg
- 1 tablespoon white sugar
- 1 tablespoon brown sugar

VEGETABLES AND CHICK'N OR TOFU

- 1 white potato, peeled, cubed, parboiled 5 minutes
- 16oz frozen green beans (fresh may be used as well)
- 2 large carrots, sliced thick
- 1 large white or sweet onion, cut into large chunks
- 1 ½ cups white mushrooms, washed and quartered
- 5 pcs. Gardein® chick'n, cut into chunks, or 16oz extra-firm tofu, cut into chunks
- 2 cups cooked jasmine rice

CHICK'N ENCHILADAS with GREEN SAUCE



There are so many variations to this recipe. Instead of vegan chick'n, you can try spinach and mushrooms, or your favorite vegetables. This dish also goes great with our CHICK'N FRIED RICE.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 - 20 MINUTES

YIELD: ONE DOZEN ENCHILADAS

- 1 Pre-heat oven to 375°. In a large skillet, heat a little oil and sauté the vegan chick'n, diced onion and Mexican Seasoning. Cook until the Gardein™ is a little crispy. Mix in the rice and corn chile salsa. Remove from the pan and set aside.
- 2 In the same skillet, heat a small amount of oil and lightly sauté one tortilla for a few seconds, flipping it once. This is just to moisten and soften it up.
- 3 Remove the tortilla from the pan and put several large spoonfuls of the chick'n and rice mixture in the center of it, spreading it out so that it is a line down the center. Put one tablespoon of Daiya Mozzarella Shreds on top of the mixture, and roll the tortilla tightly, then place it in the baking dish. Repeat this process for the remaining tortillas
- 4 When all tortillas have been placed into the baking dish, pour the green salsa (or enchilada sauce) over them, until the tortillas are saturated. Sprinkle the remaining Daiya Mozzarella and Daiya Cheddar Cheese flavors on top.

- 6 pieces Gardein™ chick'n "breasts" finely chopped or shredded, or 3 cups chopped vegan chick'n of your choice, finely chopped or shredded
- ½ sweet onion, diced
- 1 tablespoon Mexican Seasoning
- 1½ cups cooked rice (optional)
- ¾ cup corn chile salsa (Trader Joe's® makes a good one)
- 1 package (8 oz.) Daiya™ vegan cheese - Mozzarella Shreds*
- 1 package (8 oz.) Daiya™ vegan cheese - Cheddar Shreds*
- 1 dozen corn tortillas
- 24 oz. Green Salsa or Enchilada Sauce of your choice
- oil for sautéing
- 13" x 9" baking dish

** You can use any vegan cheese - see Vegan Product Guide in Chapter 11*

- 5 Bake, uncovered for 15 minutes, or until the Daiya is thoroughly melted. Remove from oven and let cool. Garnish with guacamole and vegan sour cream if desired, or just eat as is.

KAMAAL'S CHICK'N QUESADILLAS



One day while visiting Londale Jr. in college, in Las Cruces, New Mexico, Kamaal and I had an uncontrollable craving for Mexican food (it's EVERYWHERE in Las Cruces!) Because we knew we would not be able to find a restaurant that had vegan cheese, we decided to go for it ourselves. Kamaal came up with this super simple recipe that is outstanding and easy enough for your kids to make. I hope you enjoy it as much as we do!

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

YIELD: 6 QUESADILLAS

- 1** In a large skillet, add oil (just enough for a sauté) and heat to medium high. Add the vegan chick'n, onion, and Mexican Seasoning (start with 1 teaspoon of the Mexican Seasoning). Add the mushrooms and spinach (or kale) and continue to sauté until the chick'n is slightly browned and the mushrooms are soft. Taste, and then add more Mexican Seasoning if necessary. The mixture should be very flavorful and slightly spicy. Remove the mixture and set aside.
- 2** Combine the Daiya Mozzarella and Cheddar Shreds in a bowl and set aside.
- 3** Take one flour tortilla and spoon some Daiya shreds onto one half of it. On top of the Daiya, add a couple spoonfuls of the Gardein™ mixture (you will be making 6 tortillas so divide it up appropriately). Add a little fresh cilantro, top with more Daiya, and then fold the tortilla over.
- 4** Add a little Earth Balance® Whipped Buttery Spread to the skillet and heat to medium high. Place the tortilla in the skillet and press down firmly with a spatula or something flat and heavy, such as a plate or a small pan. The goal is to cook the tortilla until it is slightly crispy and the Shreds melted. Flip and repeat.

- 6 pieces Gardein™ chick'n "breasts" finely chopped, or 3 cups vegan chick'n of your choice, finely chopped
- ½ sweet onion, diced
- 1 - 2 teaspoons Mexican Seasoning (or to taste)
- 1 cup chopped mushrooms
- 1 cup spinach or kale (optional)
- ½ cup fresh cilantro
- 6 large flour tortillas
- 4 oz. Daiya™ vegan cheese - Mozzarella Shreds*
- 4 oz. Daiya™ vegan cheese - Cheddar Shreds*
- 24 oz. Green Salsa or Enchilada Sauce of your choice
- oil for sautéing
- Earth Balance® Whipped Buttery Spread for grilling

** You can use any vegan cheese - see Vegan Product Guide in Chapter 11*

- 5** Repeat this process for the remaining five tortillas. Garnish with vegan sour cream, salsa, guacamole, lime, pico de gallo, or any of your favorite South of the Border condiments.

SPICY CHICK'N TACO SOUP



The Spicy Chick'n Taco Soup is an easy all-in-one meal, or a great addition to the ENCHILADAS IN RED SAUCE WITH VEGGIE CRUMBLES.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

YIELD: ABOUT 6 LARGE BOWLS

- 1 Sauté the onions in a large pan or skillet until the onions are soft (about 2 min). Add the vegan chick'n and the taco (or Mexican) seasoning. Continue cooking and stirring the mixture for about 2 – 3 minutes until the flavors blend.
 - 2 Add the remaining ingredients, being sure to add the liquid from the beans and the tomatoes to the soup. Stir well and simmer, uncovered, over a low heat for about 15 minutes. That's it!
- 1 sweet onion, chopped
 - 16 oz Gardein™, or vegan chick'n of your choice, chopped fine in a food processor if possible
 - 1¼ oz taco seasoning mix (Mexican Seasoning can also be used)
 - 1 can (15½ oz) chili or baked beans - undrained
 - 1 can (15 oz) diced tomatoes - undrained
 - 1 can (15 oz) tomato sauce
 - 1 can (4.5 oz) chopped green chilies
 - 1 16 oz package frozen sweet corn
 - 4 cups water
 - oil for sautéing



Enchiladas in Red Sauce with Veggie Crumbles, Page 121

PESTO PENNE PASTA with CHICK'N



- 1 Cook penne pasta according to package directions. After cooking, rinse pasta and set aside.
- 2 In a large skillet, put a little cooking oil along with the vegan chick'n and chopped onion and sauté on high heat until the chick'n becomes slightly crispy.
- 3 Add mushrooms and continue to sauté for about 1 minute.
- 4 Add pasta and blanched broccoli florets and continue to sauté for additional minute.
- 5 Remove from heat. Toss with pesto sauce and pine nuts.

I absolutely, positively LOVE pesto! The only problem is that most prepared pesto sauces are not only pricey but are made with Parmesan cheese which usually contains animal rennet. So, Kamaal and I learned to make our own! After we realized how simple and delicious it was, we decided never to get store bought again."

Penne Pasta with Pesto Sauce and Chick'n is a deceptively easy dish. Everyone thinks it takes so much more effort than it really does!

PREPARATION TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

YIELD: 6 SERVINGS

- 16 oz. penne pasta, uncooked
- 5 pieces Gardein™ chick'n "breasts" chopped, or 2½ cups chopped vegan chick'n of your choice.
(Another great variation is Field Roast Apple Sage Sausage, 4 links, sliced)
- ½ sweet onion, chopped
- 2 cups mushrooms, sliced
- 3½ cups broccoli florets, blanched
- oil for sautéing
- 1 serving PESTO SAUCE (see recipe below)
- handful of pine nuts (optional)

PESTO SAUCE

- 4 cups (approx 8 ounces) fresh basil, washed and stems removed
- ¼ cup Vegenaïse® or vegan mayo of your choice
- ¼ cup olive oil
- 1 teaspoon garlic, crushed
- ½ teaspoon salt

Blend all ingredients in a blender or food processor until creamy. Makes ¾ cups.

BBQ CHICK'N PIZZA



You can never have too many varieties of pizza! Great way to use any leftover BBQ Chick'n or BBQ Seitan.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

YIELD: ONE 12" PIZZA

- 1** Preheat oven to 425 degrees. Spread and flatten the the pizza dough out on a 12" pizza round or baking dish. Set aside.
- 2** Make the pizza sauce as follows: combine the sun-dried tomatoes (use the oil they are packed in as well), the tomato paste and the seasoning package in a blender or food processor until well mixed.
- 3** Spread a thin layer of pizza sauce on the crust. Top it with half of the Daiya cheese.
- 4** Sauté the vegan chick'n (or seitan) with the BBQ sauce and a bit of oil for a couple of minutes. When done, add it to the pizza, along with the onion and mushrooms. Cover with the remaining Daiya cheese.
- 5** Bake at 425 degrees for 15 minutes or until the crust is bubbly and slightly crisp. Let cool and cut into slices.

- 1 unbaked ready made pizza dough
- 4 oz sun-dried tomatoes packed in oil, undrained
- 3 oz tomato paste
- 1 package Simply Organic® Tomato Basil Spaghetti Sauce Mix (or 2 tablespoons Italian Seasoning of your choice)
- 8 oz package Daiya® Mozzarella Style Cheese
- 2 Gardein™ Chick'n Breasts (1 cup vegan chick'n of your choice), chopped, or 1 cup BASIC SEITAN, chopped (see recipe on page 72)
- 3 tablespoons BBQ SAUCE (see recipe on page 171)
- ¼ onion - sliced thin
- 3 - 4 mushrooms, sliced
- oil for sautéing

TURK'Y VEGGIE WRAPS



- 1 Sauté the Tofurky® slices in a bit of oil for about 1-2 minutes. Do not overcook. You just want them to become soft and juicy. Set aside.
- 2 Spread 1 tablespoon of maca mayo on the tortilla.
- 3 Layer a few lettuce leaves and Tofurky® slices (5 - 6) on top of the tortilla.
- 4 Cut in half and enjoy! Great with sprouts and a side salad too.



Turk'y Veggie Wraps are a perfect "starter" recipe that is a family favorite. Quick and easy to prepare with ingredients that are readily available. Kids love them too!

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

YIELD: 3 WRAPS

- 1 package Tofurky® Hickory Smoked Deli Slices
- 3 large flour tortillas
- 3 tablespoons Maca Mayo (recipe below)
- 6 large leaves romaine lettuce
- 1 large carrot, shredded
- 1 small tomato, sliced
- 3 tablespoons Trader Joe's® Corn Chile Salsa
- 3 tablespoons Mixed Grilled Vegetable Bruschetta (optional)
- ½ avocado, sliced (optional)
- Oil for sautéing

MACA MAYO

"Maca Mayo" is one of our favorite flavored vegan mayonnaise spreads. Maca is an ancient superfood that is sometimes called "Peruvian Ginseng." We use it in smoothies and spreads.

- 1 cup Veganaise® or vegan mayo of your choice
- 2 tablespoons ketchup
- 2 tablespoons maca powder (you can use vegan cream cheese or hummus as an alternative)
- 1 teaspoon mexican seasoning

Blend all ingredients in a blender or food processor until creamy.



TURK'Y CLUB SANDWICH



- 1 Make the “Maca Mayo with Hummus and Sun-Dried tomatoes” as directed and set aside.
- 2 Sauté the Tofurky® slices in a small amount of oil to soften and moisten them (1 - 2 minutes). DO NOT OVERCOOK! Set aside in a covered bowl to keep them warm and moist.
- 3 Prepare BLACKENED TEMPEH as per recipe and set aside.
- 4 (Optional) – sauté the veggie bacon slices until they are crispy. Set aside.
- 5 Spread the Maca Mayo on the inside top and bottom slices of toasted bread, then layer the sandwich (bottom to top) as follows:
 - Romaine Lettuce – 2 halves
 - Tofurky slices (about 6 – 7) folded and arranged overlapping
 - Tomato
 - Red Onion
 - Tempeh
 - Bacon (optional)
 - Avocado
- 6 Assemble and then cut in half.



Club sandwiches were one of my favorites when I was growing up. This vegan version is outstanding! Be sure to make modifications as desired to “make it your own!”

PREPARATION TIME: 30 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 4 SANDWICHES

- 2 packages Tofurky®, Hickory Smoked flavor (approx. 30 slices)
- 8 slices bread, lightly toasted
- ½ cup Maca Mayo with Hummus and Sun-dried Tomatoes (see recipe below)
- 4 large slices BLACKENED TEMPEH (page 88)
- 8 slices veggie bacon (optional)
- 4 large leaves of romaine lettuce, cut in half across the length
- ½ large tomato, sliced
- ½ red onion, thinly sliced
- 1 large avocado, sliced
- Oil for sautéing

Maca Mayo with Hummus and Sun-Dried Tomatoes

- 1 cup Vegemaise® or vegan mayo of your choice
- ½ cup hummus
- 2 tablespoons sundried tomatoes (in oil)
- 2 tablespoons Maca powder
- 1 teaspoon Sweet Basil Pesto Mix (we recommend Simply Organic®)
- ½ cup sweet chili or teriyaki sauce (optional)
- Hot sauce to taste (optional for a spicy BBQ sauce)

Mix all ingredients in a blender until creamy. Use as a sandwich spread or as a dip for fresh vegetables and chips!

REUBEN SANDWICH



Reubens were another of my favorite sandwiches growing up. I was so excited to create this vegan version! Great for travel and they keep for days in the fridge as well. Hope you enjoy this dish as much as we do!

PREPARATION TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

YIELD: 4 SANDWICHES

- 1 Mix the Vegemise®, ketchup and relish in a small bowl. Spread the mixture on top and bottom of each slice of bread.
- 2 Spread the Daiya Shreds on the top and bottom of each slice of bread.
- 3 Sauté the Tofurky® deli slices in enough oil to coat the bottom of the skillet. Sauté no more than 15 slices at a time and set aside.
- 4 Arrange 9 Tofurky® deli slices, folded and overlapping, on the bottom piece of bread. Top with a spoonful of sauerkraut.
- 5 Heat a generous amount (about 1-2 tablespoons) of the Earth Balance® Buttery Spread in a skillet. When hot, place a sandwich in the skillet and press down with a plate or pan (as if you are making grilled cheese). Grill each side of the sandwich on medium heat for several minutes until the bread is golden and crispy. You may also use a sandwich grill instead if you have one.
- 6 Remove the sandwiches and let cool. Slice in half and enjoy!

- 4 tablespoons Vegemise® Original Spread
- 2 tablespoons ketchup
- 2 teaspoon sweet relish
- 1 cup sauerkraut, liquid drained
- 3 packages Tofurky® Hickory Smoked Deli Slices (use about 36 slices)
- 1 package Daiya Mozzarella Shreds
- 8 slices of sourdough bread
- Generous amount of Earth Balance® Whipped Buttery Spread to grill sandwiches
- oil for sautéing

GRILLED VEGGIE TURK'Y PANINI

Our Grilled Veggie Turk'y Panini is a simple, scrumptious sandwich that is bursting with flavor. They keep fresh in the fridge for days – great travel food too!



PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

YIELD: 4 SANDWICHES

- 1 Sauté the Tofurky® slices in a small amount of oil to soften and moisten them. DO NOT OVERCOOK! Set aside in a covered bowl to keep them warm and moist.
 - 2 Sauté the zucchini, yellow squash, orange pepper, mushroom and onion with the Italian seasoning. Cook just a few minutes until the vegetables are just softened.
 - 3 Combine the Vegenaïse® and the basil pesto seasoning in a small bowl. Spread the mixture on the inside top and bottom halves of the Panini rolls.
 - 4 Layer the sandwiches as follows:
 - Tofurky slices (about 6 -7) folded and layered
 - Vegetables
 - Daiya Cheese
 - 5 Place sandwiches, open faced, on a cookie sheet. Oven broil (high heat) for a few minutes until the Daiya is melted.
 - 6 Remove sandwiches and let cool slightly. Top with the fresh basil and then close the sandwiches. Cut in half.
- 2 packages Tofurky®, Hickory Smoked flavor (approx. 30 slices), or veggie ham if you prefer
 - 1 zucchini, thinly sliced, lengthwise
 - 1 yellow squash, thinly sliced, lengthwise
 - ½ orange sweet pepper, thinly sliced
 - 1 large Portobello mushroom, thinly sliced
 - ½ red onion, thinly sliced
 - 1 teaspoon Italian Seasoning
 - ½ cup Vegenaïse® Original Spread
 - 4 Panini Rolls, sliced in half
 - 1 package Simply Organic® Basil Pesto Seasoning Mix
 - ½ large tomato, thinly sliced
 - 1 package Daiya® Mozzarella style slices (or shreds if you cannot find the slices)
 - 4 – 8 leaves fresh basil
 - Oil for sautéing



VEGAN TURK'Y



See video at www.VeggieSoulFood.com/

- 1 Let the turk'y defrost completely as per the package instructions (it may take overnight so plan accordingly)!
- 2 "Carve" the turk'y into medium-thick slices and sauté each slice for about 3 - 4 minutes in Earth Balance®, adding Spike®, sage, thyme and pepper to taste.
- 3 Flip the slices after they are slightly brown and crispy. Sauté the other side for another 3 - 4 minutes then remove from pan and serve.

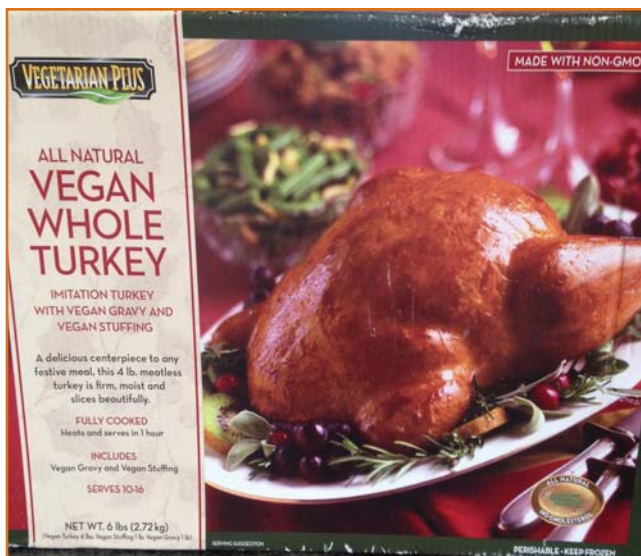
This Vegan Turkey by Vegetarian Plus/VegeUSA® is our family's favorite! We have it every Thanksgiving and Christmas, in addition to other times of the year. You can find them in the freezer section of many health food stores, including Whole Foods Markets. We sauté ours instead of baking - it's quicker and more savory!

PREPARATION TIME: 3 MINUTES

COOKING TIME: 6 - 10 MINUTES

YIELD: ABOUT 10 SERVINGS

- 1 Vegan Whole Turkey by Vegetarian Plus
- Earth Balance® Original Spread for sautéing
- Spike® seasoning
- Sage
- Thyme
- Pepper



Entire package contents

STUFFING with **TURK'Y** and CRANBERRY SAUCE



We add a little VEGAN TURK'Y or BASIC SEITAN to our stuffing which is optional but really good!

PREPARATION TIME: 15 MINUTES

COOKING TIME: 30 - 40 MINUTES

- 3 cups vegetable broth
 - 6 Tablespoons Earth Balance® Original Spread
 - ½ cup chopped onion
 - 2 stalks celery, chopped
 - 1 cup vegan turk'y or seitan, chopped
 - 1 Tablespoon Spike®
 - 14 oz cubed stuffing mix (can be cornbread style also)
 - 13 x 9 inch baking pan
 - 2 14 oz cans Cranberry Sauce (whole berry or jellied)
- 1** Preheat oven to 375 degrees. In a large pot (at least 2 quarts), bring vegetable broth to a boil, then set aside. In a large skillet, melt the Earth Balance® and sauté the onions, celery and Spike®. Continue to cook until the vegetables are softened. Add the chopped turk'y (or seitan) and continue to cook for a couple of minutes, blending the flavors.
 - 2** Add the stuffing mix to the vegetable broth. The stuffing should be moist and absorb all of the water (you can add the pre-packaged stuffing that came with the Vegetarian Plus Vegan Turkey as well). Finally, add the sautéed vegetable mixture and combine until all ingredients are blended.
 - 3** Pour the mixture into the 13 x 9 inch baking pan and press down until the stuffing is packed tightly. Bake for approximately 30 minutes (covered) and then another 10 minutes (uncovered) or until the top is slightly crispy.

CHEEZY NOODLES



This is a great way to transform a bunch of vegetables into a filling main dish. In fact, that was the genesis of this recipe - we had a few odds and ends, some Gardein® (of course) and Daiya® Cheese. Instead of a traditional pasta, we mixed them all together and made this casserole instead. It was a hit!

PREPARATION TIME: 20 MINUTES

COOKING TIME: 25 MINUTES

YIELD: 8 SERVINGS

- 1** Preheat oven to 400°F. Boil noodles according to package directions and set aside.
 - 2** Sauté the Gardein®, onion and garlic with half of the Earth Balance® and Italian Seasoning (1 tablespoon each) for 4 - 5 minutes. Transfer to large bowl.
 - 3** Add the noodles and the remaining vegetables to the Gardein®. Combine well.
 - 4** Add the remaining Earth Balance® and Italian Seasoning (1 tablespoon each), and the Nutritional Yeast. Combine well.
 - 5** Add the Mozzarella Style Daiya® and combine well. Transfer to large (13x9) baking dish or large casserole dish.
 - 6** Top with Cheddar Style Daiya®. Bake uncovered at 400°F for 20 minutes.
- 8 oz. linguini noodles, uncooked
 - 4 pieces Gardein® chick'n "breasts" chopped into bite-sized pieces
 - ½ red onion, chopped
 - 2 garlic bulbs, sliced thin
 - 2 tablespoons Italian Seasoning
 - 4 tablespoons Earth Balance® original buttery spread
 - 2 cups broccoli, chopped
 - 1 cup artichoke hearts, chopped
 - 1 cup asparagus, chopped into thirds
 - 1 cup mushrooms, cut into quarters
 - ½ zucchini, cut into thick half-moon slices
 - 4 tablespoons Nutritional Yeast
 - 1 bag (8 oz.) Daiya® Mozzarella Style Cheese
 - 1 bag (8 oz.) Daiya® Cheddar Style Cheese

CHICK'N or "TUNO" SALAD



- 1 Place the vegan chick'n pieces in a bowl. If using the Vegan Tuna, just remove from package and drain if necessary.
- 2 Add the celery, onion, Spike®, relish and Vegenaïse®. Mix together until all ingredients are well combined.
- 3 Serve on a bed of fresh greens, on a tortilla wrap, or a sandwich. Keeps fresh in the refrigerator for days.

A veganized version of the classic chicken or tuna salad. No cooking required - simple and delicious. Great for kid's lunches too!

PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE!

YIELD: 6 SERVINGS

- 6 pieces Gardein™ chick'n "breasts" chopped into bite-sized pieces, or 3 cups chopped vegan chick'n of your choice, OR 20 oz. vegan tuna (See Vegetarian Plus® Vegan Tuna Rolls in the Vegan Product Guide, Chapter 11)
- 2 stalks celery, chopped
- ½ small onion, chopped
- 1 teaspoon Spike®
- 4 tablespoons sweet relish
- 4 tablespoons Vegenaïse® Original Spread
- 1 squirt of yellow mustard (optional)



You can also use veggie ham in this recipe instead of chick'n or tuno if you like!

WALDORF CHICK'N SALAD



PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE!

YIELD: 6 SERVINGS

1 Mix the chick'n, celery, apple, raisans, walnuts, and Vegenaise® in a bowl. Add paprika and salt to taste. Serve on a bed of greens or make wraps or sandwiches.

- 5 pieces Gardein™ chick'n "breasts" chopped into bite-sized pieces, or 3 cups chopped vegan chick'n of your choice
- 2 stalks celery, chopped
- 1 large apple, unpeeled and chopped (Fuji or Honey-crisp apples recommended)
- 1 cup raisans
- 1 cup walnuts, chopped
- ¾ cup Vegenaise® Original Spread
- sweet paprika to taste
- dash of sea salt (optional)
- 6 whole wheat tortillas or bread (optional)
- fresh greens



CURRY CHICK'N WRAP



This Curry Chick'n recipe is one of my favorites because it is a no-cook dish and is ready in less than 15 minutes! You can also use vegan tuna ("tuno") instead of vegan chick'n as well.

PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE!

YIELD: 6 SERVINGS (SANDWICHES, WRAPS OR SALADS)

- 1** Place the vegan chick'n pieces in a bowl. If using the Vegan Tuna, just remove from package and drain if necessary.
- 2** Add the remaining ingredients. Mix together until well combined.
- 3** Serve on a bed of fresh greens, on a tortilla wrap, or a sandwich. Keeps fresh in the refrigerator for days.

- 5 pieces Gardein™ chick'n "breasts" chopped into bite-sized pieces, or 3 cups chopped vegan chick'n of your choice, OR 20 oz. vegan tuna (See Vegetarian Plus® Vegan Tuna Rolls in the product guide)
- 1 large apple, unpeeled and chopped (Fuji or Honey-crisp apples recommended)
- 1 cup raisans
- 1 cup walnuts, chopped
- ¾ cup Vegemaise® Original Spread
- 2 teaspoons sweet curry powder
- 1 teaspoon turmeric
- dash of sea salt (optional)
- 6 whole wheat tortillas or bread (optional)
- fresh greens (optional)



SAUSAGE, SEAFOOD & MORE!

Rice with Spicy Sausage



Penne Pasta with Italian Sausage



BBQ Smoked Apple Sage Sausage



Lasagna with Meaty Sauce



Pesto Pizza

PANCAKES with SAUSAGE or BACON



Kamaal's vegan pancakes are good for breakfast, lunch and dinner! Pair them with vegan sausage, bacon or even fried chick'n for a vegan version of "Chicken and Waffles."

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

YIELD: ABOUT 8 PANCAKES

- 1 cup unbleached white flour
- ¼ cup whole wheat flour
- 2 tablespoons brown sugar
- 2 tablespoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon of spice of your choice (cinnamon and nutmeg are good choices)
- dash of sea salt
- 1 cup vanilla soy milk
- 2 tablespoons light oil (canola works well)
- 1 teaspoon lemon juice
- ½ teaspoon vanilla extract
- ¼ cup oats, minced and soaked for 5 minutes
- Earth Balance® Organic Whipped Buttery Spread to cook pancakes
- Vegan Sausage or Bacon of your choice. We prefer Gimme Lean® sausage, Lightlife® SmartBacon, and Field Roast® Smoked Apple Sage sausages.



- 1 In one mixing bowl, combine all dry ingredients and mix well. In the other mixing bowl, combine all wet ingredients (except the soaked oats) and mix well.
- 2 Slowly pour the wet ingredients into the dry ingredients and mix gently. Add the soaked oats. Make sure not to over mix. The batter should be thick, not thin.
- 3 Let the batter sit while you heat up a griddle or pan. Using a non-stick pan or griddle works best. By now, the batter should begin to rise and form bubbles. **DO NOT** stir again. Add a small amount of Earth Balance® to the griddle or pan, where you will place the pancake batter (directly over the burner) and turn to medium heat.
- 4 Once the griddle or pan is warmed up, use an extra-large spoon or medium sized ladle to scoop out the batter. Allow to cook until the surface of the batter turns from shiny to dull. Flip the pancake and cook on the other side until lightly browned. A thin spatula is great for flipping pancakes.
- 5 Stack pancakes on a plate lined with a paper towel.
- 6 Optional: Cook sausages or bacon according to package directions (we like to sauté in a little oil). Enjoy!

TIP!

Try adding fruit to your pancake batter! Just stir whichever fruit you desire, right before ladling the batter to your pan or griddle.

Frozen berries, sliced bananas or Fuji apple pieces slowly cooked in spices are delicious.

FRIED RICE with TOFU and SAUSAGE



Fried Rice with Tofu and Gimme Lean® was a staple for Kamaal when she was in college - she made it right in her dorm room! She needed a dish that supported her busy schedule which included class, sports and sorority commitments.

This recipe strikes a perfect balance, it is as easy to prepare as it is quick. Awesome for breakfast too!

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES (if rice is already cooked)

YIELD: 4 - 6 SERVINGS

- 1** Make sure excess water is squeezed out of the tofu completely. Cut tofu block into small squares, or you can crumble the tofu. Set aside.
- 2** Cut Gimme Lean® Sausage into eight slices, and then cut each of those slices in quarters so that they are slightly larger than bite-sized. Set aside. Chop onion, slice mushrooms and set aside.
- 3** Heat oil (high heat) in large iron skillet or frying pan. Use just enough oil to cover the bottom of the pan so the tofu won't stick. Place each slice of tofu in the skillet. Spray with Liquid Aminos so that the tofu is lightly covered. Sprinkle ½ teaspoon of Spike® on top of the tofu and cook until the tofu is slightly crispy and brown on the bottom.
- 4** With a spatula, flip the tofu and cook until the other side is crispy and brown. Add a little more oil if the tofu is sticking. When done, remove tofu and set aside in a large bowl.

- 8 oz. container of extra firm tofu, frozen, thawed, and excess water squeezed out (see "The Trick to Tofu"), or you can use extra firm tofu that has not been frozen first if you need to.
- ½ (14 oz.) tube Gimme Lean® Sausage Style (7 oz total)
- ½ chopped onion
- 1 cup mushrooms, sliced (optional)
- Bragg's® Liquid Aminos
- 1 ½ teaspoon Spike® Seasoning
- 4 cups cooked rice
- Dash of pepper
- oil for sautéing

- 5 Add a little more oil to the skillet and cook the Gimme Lean® slices until they are brown and slightly crispy on each side (about 2-3 minutes total cooking time). You do not need to add spices since the Gimme Lean® is already seasoned. When done, add to cooked tofu.
- 6 Add a little more oil to the skillet and then add the onion and mushrooms. Sauté the onions until they are clear and slightly brown. Add the rice to the onions and continue to cook, stirring constantly. Add 1 teaspoon Spike® and a dash of pepper to taste.
- 7 Continue cooking and stirring to blend the flavors. Add the tofu and Gimme Lean® and toss with the rice, onion and mushroom mixture. If desired, add more Spike® and pepper.



BREAKFAST SANDWICH with TOFU and SAUSAGE



- 1 Form the Gimme Lean® into 4 patties and sauté them in a small amount of oil, flipping once, until crispy on both sides. Set aside.
- 2 Cut the tofu into eight slices then sauté it in oil until they are firm and crispy on both sides as well. Season with Spike® and pepper while cooking. Set aside.
- 3 Sauté the onion for a few minutes until just softened. Set aside.
- 4 Layer the sandwiches as follows:
 - Tofu slices (top with a bit of ketchup)
 - Onion
 - Gimme Lean®
 - Tomato slices
 - Chao Cheese
- 5 Place sandwiches, open faced, on a cookie sheet. Add ketchup to the top bun. Oven broil on high for a few minutes until the cheese is melted.
- 6 Remove sandwiches and let cool slightly. Cut in half and enjoy!

We discovered Field Roast® Chao cheese and Pretzilla® pretzel buns in the same weekend and both have been added to my MUST HAVE lists.

Be sure to check out our Philly CheeseSteak recipe in the SEITAN chapter (page 82) for another pairing of these two faves...

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

YIELD: 4 SANDWICHES

- 1 (14 oz.) tube Gimme Lean® Sausage Style
- 8 oz. extra firm tofu, frozen, thawed, and excess water squeezed out (see "The Trick to Tofu"), or you can use extra firm tofu that has not been frozen first if you need to.
- ½ teaspoon Spike® Seasoning
- dash of pepper
- ½ onion, thinly sliced
- 4 Pretzilla® Soft Pretzel Burger Buns, sliced in half
- ½ large tomato, thinly sliced
- 4 sliced Field Roast® Chao cheese - Tomato Cayenne flavor
- ketchup
- oil for sautéing



BBQ SMOKED APPLE SAGE SAUSAGE



I owe Londale Sr. for this delicious recipe! He thought the Field Roast Smoked Apple Sage Sausage would go great with our BBQ SAUCE and he was right! Try this quick recipe - it's fabulous!

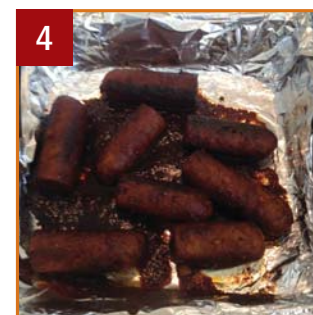
PREPARATION TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

YIELD: ABOUT 8 PIECES

- 1 Remove sausages from wrapper and cut in half.
- 2 Sauté sausages in a little oil on high heat until crispy on all sides (about 3 - 4 minutes).
- 3 Toss in the BBQ sauce so that the sausages are coated.
- 4 Place on foil or non-stick baking dish. Use a little oil or non-stick spray to make sure the sausages don't stick. Broil on high heat for about 4 - 6 minutes until the sausages are crispy. Half way through broiling, turn the sausages so that both sides are broiled. Be careful not to burn them!

- 4 Field Roast® Smoked Apple Sage Sausages, cut in half (like in photo)
- ½ cup BBQ SAUCE - Original or Spicy
- Oil for sautéing



RICE with SPICY SAUSAGE



Rice with Spicy Sausage is one of Londale Sr.'s favorite dishes. The Chipotle Sausages are definitely spicy and the turmeric brightens up the whole dish.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES (if rice is already cooked)

YIELD: 3 SERVINGS

- 1 Remove the Mexican Chipotle Sausages from their packaging and cut into bite sized pieces. Coat the bottom of a frying pan or skillet and sauté the sausages on high heat until they become crispy. Flip and cook the other side until crispy as well.
- 2 Remove the sausages from skillet and set aside. Add a little more oil to the skillet and sauté the onion on medium-high heat. Stir and add the cumin. Cook until the onion becomes soft.
- 3 Turn down the heat to a low setting. Add the cooked rice and turmeric and mix well. Add the cooked Mexican Chipotle Sausage and onions and mix well. Add black pepper and spray Liquid Aminos to taste.

- 1 package Mexican Chipotle Sausage by Field Roast® (4 links)
- ½ sweet onion, chopped
- ½ teaspoon cumin
- 3 cups cooked brown rice
- ¼ teaspoon turmeric
- dash of black pepper (optional)
- a tad of Bragg's® Liquid Aminos (optional - spray bottle is best)
- oil for sautéing



CAJUN STYLE RICE with SPICY SAUSAGE



This Cajun Style Rice with Spicy Sausage is just a slight variation from our other spicy sausage rice dish. The spices are what make the difference. Choose your own Cajun blend of spices to make it your own!

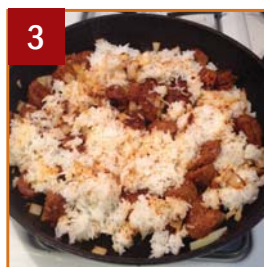
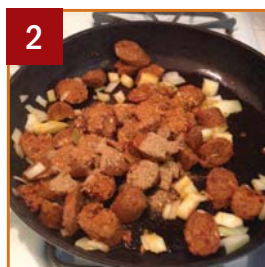
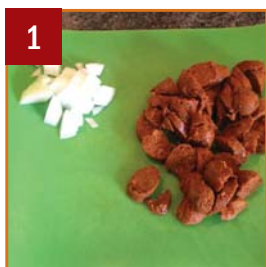
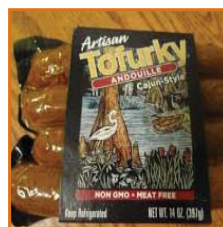
PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES (if rice is already cooked)

YIELD: 3 - 4 SERVINGS

- 1 In a large skillet or frying pan, sauté chopped onions and sliced sausages in oil over medium-high heat for about 1 minute.
- 2 Add all spices (except salt and pepper) and continue to cook until onions are slightly brown and crispy. Add rice to the mixture and stir thoroughly, continuing to cook until rice is a bit brown and coated with the spices, onions, and sausage. Add more oil if necessary to prevent sticking.
- 3 Taste the rice mixture and add pepper and more salt to taste. Since the taste of Cajun Seasonings vary greatly from brand to brand, it may be necessary to add more or less of each spice until the perfect blend is achieved.

- 1 package Mexican Chipotle Sausage by Field Roast® (4 links). These are very spicy. Try Tofurky® Andouille Cajun-Style links for a less spicy dish
- ½ sweet onion, chopped
- 1 tablespoon Simply Organic Jambayala Seasoning
- 1 tablespoon Simply Organic Dirty Rice Seasoning
- Louisiana® Brand Cajun Seasoning (just a dash - to taste. Optional)
- 3 cups cooked rice
- Salt and Pepper to taste
- Oil for sautéing



CHILI with VEGGIE CRUMBLES



This Veggie Chili is so easy to make and very hearty. Goes great with cornbread, or put it on top of a veggie dog!

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

YIELD: 4 - 6 SERVINGS

- 1** Sauté the chopped onion with the garlic powder and cumin until soft. Add the veggie crumbles and continue to cook for about 2 - 3 minutes, stirring constantly. Turn off the heat.
 - 2** Add the beans and tomatoes, and half of the taco seasoning. Stir and simmer on low heat for about 10 minutes.
 - 3** After 10 minutes, taste and add the remaining taco seasoning and a little salt if needed.
- 1 onion, chopped
 - 1 teaspoon garlic powder
 - 1 tablespoon ground cumin
 - 3 cups veggie crumbles - unfrozen (Yves®, Boca Burger®, Trader Joe's, Whole Foods, etc.), or you can use ground homemade seitan
 - 14 oz can black or kidney beans, drained
 - 28 oz can crushed tomatoes, undrained
 - 1 - 2 tablespoons taco seasoning (mild or spicy - depending upon your preference)
 - salt to taste
 - oil for sautéing

ENCHILADAS in RED SAUCE with VEGGIE CRUMBLES



My family loves these enchiladas because they taste great. I love them because they are super simple! The Mexican Style of Smart Ground® is perfectly seasoned already and requires no additional preparation. What could be easier?

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

YIELD: 1 DOZEN ENCHILADAS

- 1 Pre-heat oven to 375°. Put Smart Ground® Veggie Crumbles into a small bowl and set aside. In an iron or non-stick skillet, heat a small amount of the Earth Balance and lightly sauté one tortilla for a few seconds, flipping it once. This is just to moisten and soften it up.
- 2 Remove the tortilla from the pan and put one tablespoon of the Mexican Style Veggie Crumbles in the center of it, spreading it out so that it forms a line down the center. Put one tablespoon of Daiya cheese on top of the Veggie Crumbles, and roll the tortilla tightly, then place it in the baking dish. Repeat this process for the remaining tortillas.
- 3 When all tortillas have been placed into the baking dish, open each can of enchilada sauce and pour over the tortillas. The tortillas should be saturated. Sprinkle the remaining cheese on top.

- 12 oz package Smart Ground® Veggie Crumbles – Mexican Style (or the mexican-style veggie crumbles of your choice - try Beyond Meat® Beyond Beef Feisty Crumble - it's excellent!)
- 1 dozen white corn tortillas
- 20 oz Red Enchilada Sauce (Medium Spiced)*
- 8 oz Daiya Vegan Cheese (cheddar blend)
- Earth Balance Buttery Spread
- 9" x 13" baking dish

* Enchilada Sauce comes in mild and spicy also. Choose the flavor that suits you best.



- 4 Bake, uncovered for 15 minutes, or until cheese is thoroughly melted. Remove from oven and let cool. Garnish with guacamole and vegan sour cream if desired, or just eat as is.

SPAGHETTI with MEATLESS BALLS

This vegan version of Spaghetti with Meatballs will fool even your most carnivorous friends!



PREPARATION TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

YIELD: 2 - 4 SERVINGS

- ½ chopped onion
 - 1 stalk celery, chopped
 - 1 clove garlic, chopped or 1 teaspoon minced garlic
 - 1 cup chopped mushrooms
 - 12 oz. tomato paste
 - 2 cups diced tomatoes (canned or fresh)
 - 1 cup water
 - 10 oz. meatless meatballs (we recommend Nate's™ Zesty Italian Meatless Meatballs but there are many more brands available too!)
 - 3 tablespoons Italian Seasoning
 - ½ teaspoon salt
 - ½ teaspoon ground savory
 - oil for cooking
 - 8 oz. uncooked spinach spaghetti
- 1** In a large skillet, add enough oil to cover bottom of pan and turn heat to medium high. Add onion, celery, garlic, mushrooms and 1 tablespoon of Italian Seasoning. Sauté until vegetables are soft.
 - 2** Add the tomato paste, diced tomatoes, water, the remainder of the Italian Seasoning, salt and savory. Mix together and let simmer on low heat for about 15-20 minutes. Be careful not to let the sauce stick to the bottom of the skillet. If the sauce appears too thick, add more water.
 - 3** Add the meatless meatballs. If they are frozen, let the sauce continue to simmer, covered, until the meatballs have thawed.
 - 4** While the sauce is simmering, cook the spaghetti according to the package directions, adding a little oil to the water to prevent sticking. Rinse and drain. Serve the sauce over the spaghetti. Tastes great with garlic bread!



PENNE PASTA with ITALIAN SAUSAGE



Another family favorite that is super easy and full of flavor. Great with garlic bread as well!

PREPARATION TIME: 30 MINUTES

COOKING TIME: 20 MINUTES

YIELD: 4 SERVINGS

- 1 Cook penne pasta or ravioli according to package directions. Use a little oil in the water so the pasta won't stick. After cooking, rinse pasta and set aside.
 - 2 Slice the Italian Sausage into bite sized pieces. In a large skillet, put a little cooking oil along with the oil from the sun dried tomatoes (drain the oil out of the jar of tomatoes). Heat oil mixture on high. Add the Italian Sausage, onion and mushrooms. Add Italian Seasoning and garlic and sauté together for a few minutes until the onions are slightly brown and the Italian Sausage is crispy (about three minutes).
 - 3 Add the sun dried tomatoes and continue cooking about one minute more. Add the cooked pasta to the mixture and stir to blend with the vegetables and the seasoning. Finally, add the sun-dried tomato pesto or (bruschetta) and the roasted red pepper pesto (if applicable) a little at a time.
 - 4 This pasta dish should be moist but not covered in pasta sauce so be careful not to add too much pesto. Cook for about 1 minute more and stir to blend the flavors and prevent sticking. Taste and add more Italian Seasoning if necessary.
- 8 oz. uncooked penne pasta or ravioli
 - 2 Tofurky® Italian Sausages
 - ½ chopped onion
 - 2 large Portobello mushrooms, sliced
 - 2 tablespoons Italian Seasoning
 - 1 teaspoon minced or crushed garlic (or ½ teaspoon garlic powder)
 - 4 oz. sun dried tomatoes, julienne cut, with oil
 - 8 oz. sun dried tomato pesto or tomato bruschetta (Whole Foods and Trader Joe's makes great ones!)
 - 2 tablespoons roasted red pepper pesto (optional)
 - oil for cooking

Variations: You may use veggie chik'n (such as Gardein®), or other flavors of veggie sausage (pesto, apple sage, etc) in place of the Italian Sausage as an alternate. We use spinach pasta for another variation as well. Finally, try adding some steamed vegetables such as asparagus or broccoli!

LASAGNA with MEATLESS SAUCE

Lasagna with Meatless Sauce is another family favorite! So easy to make and goes great with a big salad and garlic bread.



PREPARATION TIME: 30 MINUTES

COOKING TIME: 45 MINUTES

YIELD: 6 - 8 SERVINGS

- 1 Preheat oven to 375 degrees.
- 2 Prepare the sauce as follows: Sauté onion (use about ½ of it) and celery with Italian Seasoning (about 1 tablespoon) and minced garlic (to taste) until the onion softens. In a food processor, blend the sun-dried tomatoes (with the oil they were packed in) and tomato paste. Add a small amount of water if necessary so that the sauce is thick but not a paste. Add the sautéed onion and celery and blend for a few seconds. Set sauce aside.
- 3 Sauté vegan meatballs on high heat with the rest of the onion, minced garlic and 1 tablespoon of Italian Seasoning. Use a spatula to crumble and separate/mince the meatballs until fine. Sauté a few minutes until brown. Set aside.
- 4 In a small bowl, combine the Mozzarella and Cheddar style Daiya shreds.

- ½ onion, chopped
- 1 celery stalk, chopped
- 2 tablespoons Italian Seasoning
- 1 teaspoon minced garlic
- 16 oz. (2 jars) sun-dried tomatoes, packed in oil
- 1 tube or 14 oz. tomato paste
- ½ cup water (optional)
- 1 package (10 – 14 oz.) vegan meatballs - thaw if frozen (Nate's™ Zesty Italian Meatless Meatballs or Gimme Lean® Sausage are great options)
- 16 oz. vegan Ricotta Cheese (we recommend Tofutti® Better Than Ricotta Cheese)
- 1 (8 oz.) box oven ready (no cook) lasagna noodles
- 1 8 oz. package Daiya Mozzarella Style Shreds
- 1 8 oz. package Daiya Cheddar Style Shreds
- oil for sautéing



5 Layer the lasagna as follows:

- Sauce (enough to cover bottom of pan)
- Noodles (as many will fit in pan)
- Meatballs
- Ricotta
- Daiya

Repeat this process. To end, add noodles, a little sauce and a good amount of Daiya.



6 Cover and bake for 35 - 40 minutes (+/-) at 375 degrees, then remove foil and broil on low until Daiya becomes crispy (about 5 minutes). Can be refrigerated or frozen for later.

DEEP DISH PIZZA with ITALIAN SAUSAGE



Deep Dish Pizza with Italian Sausage is one of my favorite pizzas! You can make this at home in less time than it would take you to order delivery, and it's vegan! For a more traditional pizza use vegan pepperoni in place of the Italian Sausage.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

YIELD: ONE 12" PIZZA

- 1 unbaked ready made pizza dough
- 4 oz sun-dried tomatoes packed in oil, undrained
- 3 oz tomato paste
- 1 package Simply Organic® Tomato Basil Spaghetti Sauce Mix (or 2 tablespoons Italian Seasoning of your choice)
- 8 oz package Daiya® Mozzarella Style Cheese
- 2 Tofurky® Italian Sausages, sliced into bite-sized pieces, OR 1 package Yves® Meatless Pepperoni
- ¼ onion - sliced thin
- 3-4 mushrooms, sliced
- Oil for sautéing
- Optional:
 - ½ cup chopped broccoli
 - 3 - 4 pieces of pineapple, cut into bite-sized chunks



- 1 Preheat oven to 425 degrees. Spread and flatten the pizza dough out on a 12" pizza round or baking dish. Set aside.
- 2 Make the pizza sauce as follows: combine the sun-dried tomatoes (use the oil they are packed in as well), the tomato paste and the seasoning package in a blender or food processor until well mixed.
- 3 Spread a thin layer of pizza sauce on the crust. Top it with half of the Daiya cheese.



- 4 Sauté the sliced Italian Sausages in a bit of oil until they are crispy (about 2 - 3 minutes). Add the sausages, onion and mushrooms (and broccoli and pineapple if you are using it) to the pizza. Cover with the remaining Daiya® cheese.



- 5 Bake at 425 degrees for 15 minutes or until the crust is bubbly and slightly crisp. Let cool and cut into slices.

HAWAIIAN PIZZA with TERIYAKI VEGGIE HAM



Another great pizza! The Teriyaki Veggie Ham and Pineapple make a mouth-watering combo.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

YIELD: ONE 12" PIZZA

- 1 unbaked ready made pizza dough
- 4 oz sun-dried tomatoes packed in oil, undrained
- 3 oz tomato paste
- 1 package Simply Organic® Tomato Basil Spaghetti Sauce Mix (or 2 tablespoons Italian Seasoning of your choice)
- 8 oz package Daiya® Mozzarella Style Cheese
- 1 package Yves® Meatless Canadian Bacon
- 3 tablespoons teriyaki sauce
- ¼ onion - sliced thin
- 3 - 4 mushrooms, sliced
- 3 - 4 pieces of pineapple, cut into bite-sized chunks
- Oil for sautéing



- 1** Preheat oven to 425 degrees. Spread and flatten the the pizza dough out on a 12” pizza round or baking dish. Set aside.
- 2** Make the pizza sauce as follows: combine the sun-dried tomatoes (use the oil they are packed in as well), the tomato paste and the seasoning package in a blender or food processor until well mixed.
- 3** Spread a thin layer of pizza sauce on the crust. Top it with half of the Daiya® cheese.
- 4** Cut the Canadian bacon into strips. Sauté them in teriyaki sauce and a bit of oil (optional). Add the Canadian bacon, onion, mushrooms and pineapple to the pizza. Cover with the remaining Daiya® cheese.



- 5** Bake at 425 degrees for 15 minutes or until the crust is bubbly and slightly crisp. Let cool and cut into slices.

PESTO PIZZA with SMOKED APPLE SAGE SAUSAGE



Our Pesto Pizza with Field Roast® Smoked Apple Sage Sausage is delicious and simple to prepare. The pesto is easy to make at home in just a few minutes.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

YIELD: ONE 12" PIZZA

- 1 unbaked ready made pizza dough
- ¾ cup pesto sauce (see recipe below)
- 8 oz package Daiya® Mozzarella Style Cheese
- 2 Field Roast® Smoked Apple Sage Sausage, sliced
- ¼ onion - sliced thin
- 1 cup chopped broccoli crowns
- 3 - 4 mushrooms, sliced
- ½ teaspoon garlic powder
- Oil for sautéing



PESTO SAUCE

- 4 cups fresh basil, washed and stems removed
- ¼ cup Veganaise® Original Spread
- ¼ cup olive oil
- 1 teaspoon garlic, crushed
- ½ teaspoon sea salt

Blend all ingredients in a blender or food processor until creamy. Makes ¾ cups.



- 1 Preheat oven to 425 degrees. Spread and flatten the the pizza dough out on a 12” pizza round or baking dish. Set aside.
- 2 Spread a thin layer of pesto sauce on the crust. Top it with half of the Daiya® cheese.
- 3 Sauté the sausages with the onion, broccoli, mushrooms and garlic powder. Cook about 3 minutes so that the broccoli is just tender. Add the mixture to the pizza. Cover with the remaining Daiya® cheese.
- 4 Bake at 425 degrees for 15 minutes or until the crust is bubbly and slightly crisp. Let cool and cut into slices.



MEXICAN LASAGNA



- 1 Cover a medium sized skillet with a light coating of oil. Chop the Chicken-less strips and sauté with half of the Mexican or Taco seasoning. Sauté until the strips are brown and crispy. Set aside.
- 2 Rip tortillas into large pieces (thirds and quarters). Heat up the buttery spread in a skillet and sauté about a quarter of the tortillas at a time, using a little Mexican or Taco seasoning for each batch of tortillas. The goal is for the tortillas to be light brown and crispy. Set aside.
- 3 In a 13x9 pan, layer the ingredients in the following order, starting from the bottom::

Tortillas (1/3 of them)
Salsa especial (1/3 of it)
Corn Chili Salsa (1/3 of it)
Daiya (1/3 of it)
Refried Beans (1/2)
Black beans (1/2)
Chick'n strips (1/2)
Pineapple Salsa (1/2)

Repeat process using the same amounts as above.

What do you do when you have a bunch of Mexican style ingredients from Trader Joe's and some leftover tortillas? Make lasagna of course! This dish was concocted out of various leftovers and staples we had in our pantry. If you can't find the specific ingredients, just substitute whatever to think will work. This makes a hearty main dish or a fun side dish with other south of the border favorites.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

YIELD: 4 - 6 SERVINGS

- 15 corn tortillas
 - 2 packages (16 oz.) Chicken-less Strips by Trader Joe's® or Gardein™ Chick'n
 - 1 can Refried Beans (we used "Salsa Style" by Trader Joe's®)
 - 1 can Cuban Style Black Beans by Trader Joe's®
 - 1 jar Pineapple Salsa by Trader Joe's®
 - 1 container of Salsa Especial by Trader Joe's®
 - 1 jar of Sweet Corn Chili Salsa by Trader Joe's®
 - 1 ½ packages (12 oz. total) of Cheddar Style "Cheese" Shreds by Daiya
 - 2 tablespoons spicy Mexican or Taco Seasoning
 - Oil for sautéing
 - Earth Balance® Whipped Buttery Spread for sautéing
- 4 For the final layer, top with the rest of the tortilla pieces and Daiya. Add more Salsa Especial and Corn Chili Salsa for garnish (optional).
 - 5 For the final layer, top with the rest of the tortilla pieces and Daiya. Add more Salsa Especial and Corn Chili Salsa for garnish (optional).
 - 6 Bake the lasagna, uncovered, on 375° for 15 minutes (or until the Daiya has melted). Broil on high for a couple of minutes (or until the Daiya has browned and the tortilla pieces crisp).

FISHLESS FILETS



- 1 Cook according to package directions. We recommend the baking option (baking at 425 degrees for 30 minutes, flipping once at the 15 minute point.

One word - WOW! These Gardein Fishless Filets are so good and so easy to make! Just follow the package instructions - you can either bake or fry them (we preferred to bake them - less oil needed and still crispy!). The texture and taste are just right. I was so excited to find an authentic tasting vegan fish, and even more excited that they were a hit with my family!

PREPARATION TIME: 5 MINUTES
BAKING TIME: ABOUT 30 MINUTES
YIELD: 6 PIECES

- 1 package Gardein™ Golden Fishless Filet

TARTAR SAUCE

- 1 cup Vegenaïse
- 1/2 package Simply Organic Creamy Dill Dip, or 1 teaspoon dill weed
- 2 tablespoons sweet relish
- 1 tablespoon (or to taste) mustard

Mix all ingredients and serve as a dipping sauce for the fishless filets



See our taste test video at www.VeggieSoulFood.com!

TEMPEH TUNO



This recipe was provided by my good friend and vegan chef, Marilyn Peterson from her book VEGAN BITE BY BITE (www.veganbitebybite.com). Kamaal and I spent some time cooking with Marilyn and learning how to prepare raw foods.

This is one of her transition recipes and it's great! We love it because it's delicious, it's easy, and it's cheap!

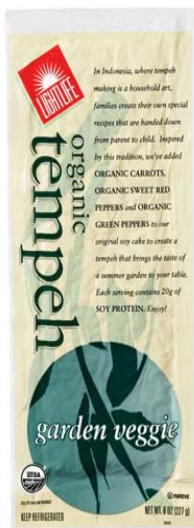
PREPARATION TIME: 20 MINUTES

COOKING TIME: NONE!

YIELD: 6 WRAPS

- 1 Pulse tempeh in food processor until fine. Put tempeh in a medium size bowl. Add the remaining ingredients, except tortillas and olives and mix together well.
- 2 Spread 1 teaspoon Vegenaïse® on each tortilla and layer 1 lettuce leaf with several sunflower sprouts. Spoon out less than ½ cup mixture evenly and spread it over the lettuce and roll the tortilla into a wrap. Garnish with an olive and serve.

- 1 (8 oz.) package tempeh, cut into 4 pieces (we recommend Garden Veggie flavor)
- 1 ½ cups celery, diced fine
- ½ cup green scallions, sliced fine
- ½ cup Vegenaïse® Original Spread
- ¼ cup lemon juice
- 2 tablespoons Bragg's® Liquid Aminos
- ¼ teaspoon cayenne pepper
- 1 package whole wheat tortillas
- 6 romaine lettuce leaves, small
- Sprouts (sunflower, alfalfa, etc. – optional)
- Garnish: olives



TERIYAKI VEGGIE FISH



This vegan fish is by Vegetarian Plus® and can be found in the frozen foods section. Once thawed, it is ready in a few minutes.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

YIELD: ABOUT 5 PIECES

- 1** Heat a small amount of oil in a large skillet. Add the fish fillets and pan fry (on high heat) for about a minute. Add the teriyaki sauce and continue to cook until the fish is slightly crispy on the bottom.
- 2** Flip the fish and continue to cook until the other side is slightly crispy.

- 1 package Vegetarian Plus® vegan fish filets (available in regular and salmon flavors - thawed)
- ¼ cup teriyaki sauce
- oil for sautéing

“A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is

IMMORAL.”

LEO TOLSTOY, WRITER



TOFU

Teriyaki Tofu with Vegetables



Scrambled Tofu



Sauteéd Tofu

THE “TRICK” TO TOFU



TIP!
*Want to make firm
tofu that absorbs
succulent flavors?
Try this simple
trick.*

As you may have noticed, this is the shortest section of all the recipes. Pretty ironic, huh? A vegan cookbook with very few tofu recipes...

This is by design. Although we love tofu, contrary to popular belief this is not all we eat as demonstrated by our recipes. There are literally dozens, if not hundreds of books and online resources where you can get amazing tofu recipes.

In this section, I will present four of our “go to” tofu dishes that are super easy (of course), cheap and delicious!

- 1 Start with one package of EXTRA FIRM ORGANIC tofu.
- 2 Freeze the tofu overnight. Leave it in its original container packed in water.
- 3 Let the tofu thaw, still in its original container. For example, if you want to cook a tofu dish for dinner, take the frozen tofu out of the freezer in the morning and let it thaw, un-refrigerated, during the day. If you do not cook the tofu that evening, simply leave it packaged, refrigerate it, and it will stay fresh for several days.
- 4 After it thaws, remove the tofu from the plastic tub. You may decide to cook some now and some later. If you want to cook some later, put it in airtight container and add enough fresh water to cover the tofu. Re-refrigerate.
- 5 For tofu that you are ready to cook now, squeeze out the excess water. I like to do this by placing the block of tofu between two small plates and GENTLY pressing out as much of the water as possible. The tofu will take on a sponge-like consistency and is now ready to use in your favorite recipe!

SAUTEÉD TOFU



Our easiest tofu recipe yet! Very simple but be sure to plan ahead – it requires that the tofu be frozen and thawed before cooking as noted on the previous page. This is a great, high protein light dish that can be served for breakfast, lunch, or dinner. We like it for dinner with sautéed vegetables such as asparagus, broccoli, or brussel sprouts.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 2 SERVINGS

- 1 Make sure any excess water is squeezed out of the tofu completely by placing the block of tofu between two plates and gently pushing them together. Be careful not to crush the tofu. Slice crosswise into pieces about $\frac{1}{4}$ inch thick.
- 2 (Optional) Coat each slice with cornmeal.
- 3 Heat oil on high heat in a large iron skillet or frying pan. Use just enough oil to cover the bottom of the pan. Add tofu slices (if you have too many slices you may have to do this in two rounds).
- 4 Spray Liquid Aminos® over tofu slices so that they are lightly covered. Shake Spike® over the tofu slices so that they are generously covered. Sauté tofu until it is crispy on the bottom, then flip each slice. Spray other side with Liquid Aminos® and Spike® and sauté until the other side is crispy. Flip once more just to blend the spices on each side.
- 5 Remove from skillet and place on paper towels to drain excess oil.

- 1 (14oz.) container of extra firm tofu, frozen, thawed, and excess water squeezed out (as per instructions on previous page)
- 1 cup organic cornmeal (optional)
- Bragg's® Liquid Aminos (spray bottle is best)
- Spike® Seasoning (you can also use Salt Free Spike® for lower sodium)
- dash of black pepper (optional)
- oil for sautéing (we prefer grapeseed)



SCRAMBLED TOFU



Scrambled tofu is a family favorite anytime of the day - not just for breakfast. We add vegan bacon, ham or sausage for variety.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 6 MINUTES

YIELD: 4 SERVINGS

- 1 (14 oz) container of firm tofu in water, frozen, thawed, excess water squeezed out
 - 4 slices veggie ham, chopped (optional)
 - ¼ sweet onion, chopped
 - 1 stalk celery, chopped
 - ½ cup sliced mushrooms (optional)
 - 1 teaspoon Bragg® Liquid Aminos
 - 1 teaspoon Spike® Seasoning
 - 1 teaspoon turmeric (optional)
 - Dash of pepper
 - oil for sautéing
- 1** Make sure any excess water is squeezed out of the tofu completely. Crumble the tofu in your hands and set aside in a medium bowl.
 - 2** Heat a small amount of oil on high in a large iron skillet or frying pan. Add the vegetables (an veggie ham if using) and add ½ teaspoon of Spike®. Sauté until the vegetables are softened but slightly crispy.
 - 3** Add the crumbled tofu to the vegetable mixture and continue cooking on high heat, stirring constantly and adding more oil if necessary. Add the Liquid Aminos, ½ teaspoon of Spike® and turmeric, and cook until the tofu is slightly crispy and brown. Taste. If desired, add more Spike® and a dash of pepper.

TERIYAKI TOFU



- 1** Mix flour and cornstarch together in a small bowl and set aside. Put the cubed tofu on a paper towel to drain excess water. Place cubes into the flour cornstarch mix to coat the tofu.
- 2** In a skillet, heat a little oil until hot (add a drop of water to the oil - it will splatter when ready). Fry the coated tofu for 2 – 3 minutes until light brown and crispy. Set aside to cool.
- 3** SAUCE: Mix together sweet chili sauce, black bean garlic sauce and soy sauce. Set aside.
- 4** Lightly sauté the green onions and broccoli, in a little bit of oil and cover for about 4 – 5 minutes until the broccoli is tender but not soft. Turn off the heat and add the tofu.
- 5** Stir in sauce. Serve over brown rice (optional).

You don't ALWAYS have to order this when you go out - make this vegan favorite at home.

PREPARATION TIME: 12 MINUTES

COOKING TIME: 15 MINUTES

YIELD: 4 SERVINGS

- ½ cup flour
- 1 tablespoon cornstarch
- 20 oz. extra firm tofu, cut to ½ - ¾ inch cubes (we prefer Wildwood® SprouTofu® Extra Firm)
- 2 carrots, sliced diagonally
- 2 cups broccoli, chopped
- ½ sweet onion, chopped
- 2 cups cooked brown rice (optional)
- Oil for frying

SAUCE

- ¾ cup sweet chili sauce
- 2 teaspoons black bean garlic paste (Lee Kum Kee Black Bean Garlic Sauce recommended)
- 4 tablespoons soy sauce

MAPO TOFU WITH BROCCOLI



This Mapo Tofu is our take on a traditional Chinese favorite and an excellent way to spice up that leftover tofu.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES (if rice is already cooked)

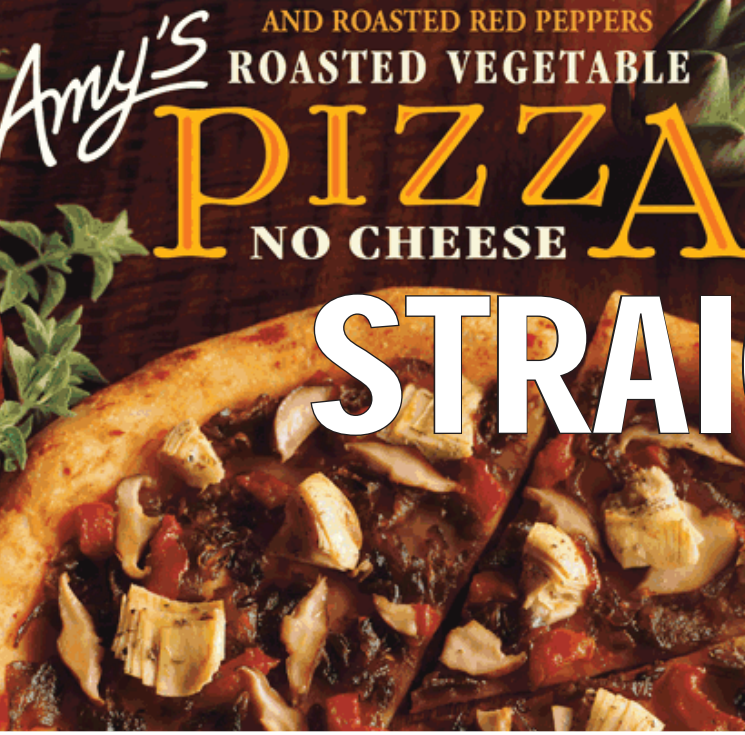
YIELD: 3 - 4 SERVINGS

- 1 Put the cubed tofu on a paper towel to drain excess water. Mix flour and cornstarch together. Place cubes into the flour cornstarch mix to coat the tofu.
- 2 Heat a little oil until hot (add a drop of water to the oil, it should platter when ready). Fry the coated tofu for 2 – 3 minutes until light brown and crispy. Set aside to cool.
- 3 For the sauce, mix together the sweet chili sauce, black bean garlic sauce and soy sauce. Set aside.
- 4 Lightly sauté, in a little bit of oil, the green onions and broccoli for about 4 – 5 minutes until the broccoli is tender but not soft. Cover and let steam for a few moments if necessary. Turn off the heat and add the tofu.
- 5 Stir in the sauce. Serve over rice (optional).

- 20 oz. extra firm tofu, cut to ½ - ¾ inch cubes (we prefer Wildwood® SprouTofu® Extra Firm)
- ½ cup flour
- 2 stalks green onion, chopped
- 2 cups broccoli, chopped
- 1 tablespoon cornstarch
- 3 cups cooked brown rice (optional)
- Oil for frying

SAUCE

- ¾ cup sweet chili sauce
- 2 teaspoons black bean garlic paste (Lee Kum Kee Black Bean Garlic Sauce recommended)
- 4 tablespoons soy sauce



STRAIGHT OUTTA
THE BOX



VEGAN FAST FOOD

*Sometimes you just don't wanna cook...no problem!
We've got you covered!*

I could devote an entire book to "Straight Outta The Box" recipes. This may be my favorite section because literally NONE of these products existed when I became vegetarian over 30 years ago. These would have made my life so much easier! It truly is an exciting time to be vegan.

Ironically, this creates the opposite problem - there are so many options now and things can get a bit confusing, especially for new vegans or those who want to incorporate vegan foods into their diets.

Which products are "legit?" You may not want to gamble \$8 or more on a product that may be...nasty. We understand. Been there, done that, which is why I wanted to highlight some of my favorite products that take little if any tweaking.

There are over 150 products listed in our Vegan Product Guide to use as a base in our recipes, but in this section I want to share a few complete meals that you can serve

"Straight Outta The Box"

AMY'S KITCHEN[®] ROASTED VEGETABLE PIZZA



This is our family's favorite Pizza from Amy's Kitchen[®]. The flavor blend is perfect and the crust is nice and chewy.

I usually add a bit of sautéed Gardein[®] chick'n to make a hearty main course.

SHOPPING AND PREPARATION TIPS

Find in the Amy's Kitchen[®]Frozen Foods section

Add some vegan chick'n, ham or sausage for an extra hearty pizza!

AMY'S KITCHEN[®] QUARTER POUND VEGGIE BURGER



Our favorite burger from Amy's Kitchen[®] - it's huge!

SHOPPING AND PREPARATION TIPS

Find in the Amy's Kitchen[®]Frozen Foods section

We microwave frozen patty for about 2-3 minutes and then sauté in a bit of grapeseed oil to "crisp" it

BEYOND MEAT[®] BEAST BURGER



The texture of this ¼ pound burger is great!, but the most interesting thing is that it has 23 grams of protein and is gluten, soy, and GMO free.

This is a great option for those who want to avoid gluten, soy, and especially GMOs.

SHOPPING AND PREPARATION TIPS

Find in the Frozen Foods section of many major food chains

Sauté with a bit of oil and then add your favorite fixins'



Beyond Meat Beast Burger with veggies and spicy “Cowboy Caviar” from Trader Joe’s[®]

TRADER JOE'S[®] VEGETABLE MASALA BURGER



One of my TJ's favorites is the "Vegetable Masala Burger." Don't let the name fool you - it's nothing like a burger - think of it more like an "Indian potato pancake." We love this "burger" because it is ready in just 10 minutes and needs no additional seasoning. We have them as a side dish or put them in wraps for a little variety.

SHOPPING AND PREPARATION TIPS

Find in the frozen foods section near the burgers

Needs no additional seasoning - great with yams and rice



Try our Curry Masala Seitan (or Chick'n) on Flatbread recipe featuring Trader Joe's[®] Vegetable Masala Burgers, see page 92.

VEGETARIAN PLUS[®] BLACK PEPPER STEAK



Vegetarian Plus[®] Black Pepper Steak is another great “Straight Outta The Box” recipe that we highly recommend. No need to “mess with it” to get it right - just add the vegetables of your choice and serve over rice. 15 minutes and you’ll have a delicious vegan meal on the table!

SHOPPING AND PREPARATION TIPS

Find in the vegetarian Frozen Foods section of major health food stores

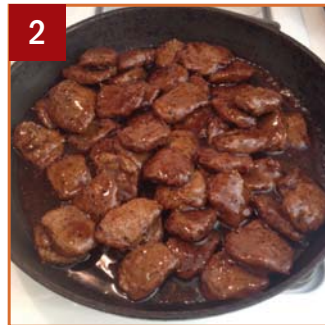
Let thaw completely before cooking

PREPARATION TIME: 5 MINUTES (if rice is already cooked)

COOKING TIME: 10 MINUTES

YIELD: 4 SERVINGS

- 2 packages (10.5 oz ea.) Vegan Black Pepper Steaks by Vegetarian Plus (VegeUSA[®]) - thawed
- 3 cups broccoli florets, lightly steamed
- 2 scallions, chopped
- 2 - 3 cups cooked rice



Lightly steam the broccoli and set aside. Remove the Vegan Black Pepper Steaks (thawed already) from the package and simmer over medium heat in a skillet for 2 - 3 minutes. Add steamed broccoli and scallions. Stir and turn off the heat.

VEGETARIAN PLUS[®] CITRUS SPARERIB CUTLETS



Vegetarian Plus[®] Citrus Spareribs come in a flavorful, sweet, tangy sauce - perfect! The texture is firm and very "meaty." Just add some sautéed leftover vegetables for variety and serve over rice.

SHOPPING AND PREPARATION TIPS

Find in the vegetarian Frozen Foods section of major health food stores

Let thaw completely before cooking

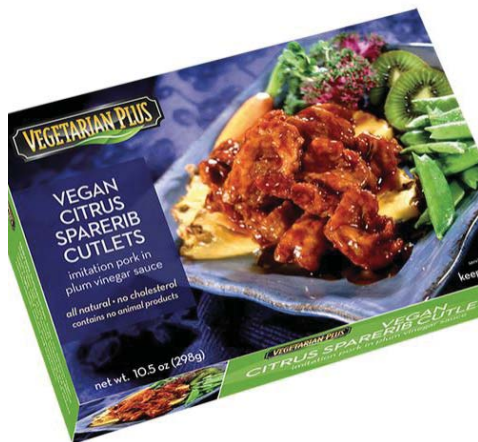
PREPARATION TIME: 8 MINUTES (if rice is already cooked)

COOKING TIME: 10 MINUTES

YIELD: 4 SERVINGS

- 1 Heat the oil in a skillet and sauté the onion until it becomes somewhat soft (medium high heat).
- 2 Add the sweet orange pepper (or carrot) and mushrooms and stir a few times. Add the vegan citrus spareribs to the vegetables and stir.
- 3 Place a lid over the skillet and lower the heat to a very low simmer for 5 to 10 minutes. Serve over a bed of rice.

- 2 packages (10.5 oz ea.) Vegan Citrus Spareribs by Vegetarian Plus (VegeUSA[®]) - thawed
- ½ sweet onion, chopped
- ½ sweet orange pepper, cored and chopped (or you can use 1 large chopped carrot also)
- ½ cup mushrooms, chopped
- oil for sautéing
- 2 - 3 cups cooked rice



VEGETARIAN PLUS[®] CHICKEN TIKKA MASALA



This is ready to go in less than 10 minutes! Make sure you have some cooked rice handy and you're all set.

Great blend of Indian spices.

SHOPPING AND PREPARATION TIPS

Find in the vegetarian Frozen Foods section of major health food stores

Let thaw completely and cook according to package directions.

VEGETARIAN PLUS[®] LAMB VINDALOO

Same as above - just thaw, cook according to package directions, and serve over rice.



VEGETARIAN PLUS[®]

KUNG PAO CHICKEN



Vegetarian Plus[®] Kung Pao Chicken is one of the “Straight Outta The Box” recipes that we can make in minutes. We like to add vegetables and a few pieces of pineapple as a variation.

SHOPPING AND PREPARATION TIPS

Find in the vegetarian Frozen Foods section of major health food stores

Let thaw completely before cooking

PREPARATION TIME: 8 MINUTES (if rice is already cooked)

COOKING TIME: 10 - 15 MINUTES

YIELD: 4 SERVINGS

- 1 Heat the oil in a skillet and sauté the onion until it becomes somewhat soft (medium high heat). Add the carrots, broccoli and mushrooms and continue to cook for about 2 – 3 minutes.
- 2 Add both packages of the Kung Pao Chick’n to the vegetables and stir.
- 3 Place a lid over the skillet and lower the heat to a very low simmer for 5 to 10 minutes.
- 4 Remove the lid and add the pineapple. The Kung Pao Chick’n is now ready to serve over rice of your choice.

- 2 packages (10.5 oz ea.) Vegan Kung Pao Chicken by Vegetarian Plus (VegeUSA[®]) - thawed
- ½ sweet onion, chopped
- 1 carrot, sliced
- 2 cups broccoli, chopped
- ½ cup mushrooms, sliced
- ½ cup pineapple, chopped
- Oil for sautéing
- 2 - 3 cups cooked rice



VEGETARIAN PLUS[®] ORANGE CHICKEN



*Vegetarian Plus[®] Orange Chicken is sooo good!
The sauce is very tangy and made with real kumquat
juice, orange juice and orange peel.*

SHOPPING AND PREPARATION TIPS

Find in the vegetarian Frozen Foods section of major health food stores

Let thaw completely before cooking

PREPARATION TIME: 8 MINUTES (if rice is already cooked)

COOKING TIME: 10 - 15 MINUTES

YIELD: 4 SERVINGS

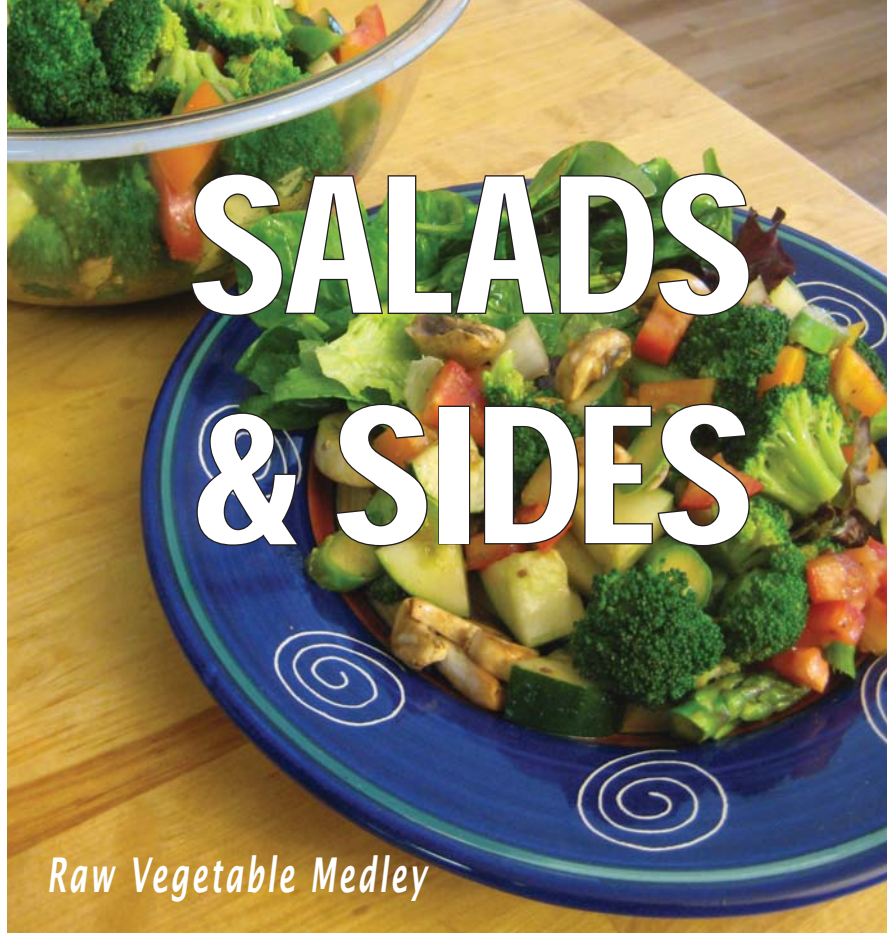
- 1 Heat the oil in a skillet and sauté the onion until it becomes somewhat soft (medium high heat).
- 2 Add the sweet orange pepper and stir a few times. Open and add the orange chick'n to the onion and sweet pepper and stir.
- 3 Place a lid over the skillet and lower the heat to a very low simmer for 5 to 10 minutes.
- 4 Remove the lid and add the pineapple. The Orange Chick'n is now ready to serve over rice of your choice.

- 2 packages (10.5 oz ea.) Vegan Orange Chicken by Vegetarian Plus (VegeUSA[®]) - thawed
- ½ sweet orange pepper, cored and chopped
- ½ sweet onion, chopped
- ½ cup pineapple, chopped
- Oil for sautéing
- 2 - 3 cups cooked rice





Curried Chickpea Salad

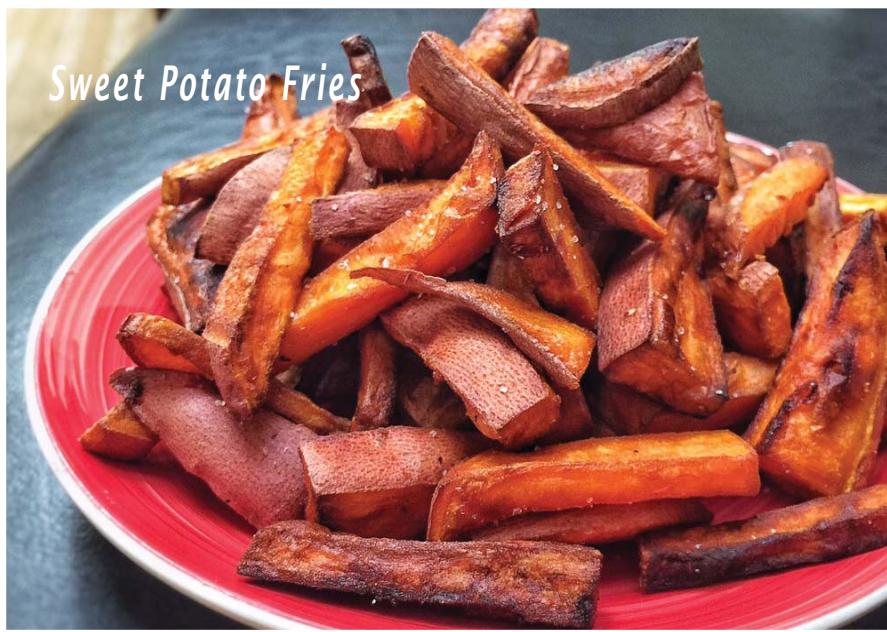


SALADS & SIDES

Raw Vegetable Medley



Kale, Cabbage, Sweet Peppers Salad



Sweet Potato Fries



Macaroni and Cheese - Southern Style

ANTIPASTO CHOPPED SALAD



This simple, fresh Chopped Antipasto Salad incorporates raw vegetables and a couple of our favorite vegan products - no cooking required. Great as a side dish or main course.

PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE!

YIELD: 4 - 6 SERVINGS

- 1 head iceberg lettuce
- ½ red onion
- 2 cups mushrooms
- 5 small tomatoes
- 1 cup marinated artichoke hearts
- 1 cup pitted kalamata olives
- 10 oz. veggie salami, diced (we recommend Yves®)
- 1 package (7 oz.) Daiya® Jack Style Wedge “Cheese”, diced
- 1 avocado (optional)



Wash and finely chop all vegetables. Dice the salami, Daiya, and avocado. Toss in a large bowl and serve with the salad dressing of your choice.

CREAMY BALSAMIC VINAIGRETTE (optional)

- ¼ cup olive oil
- ¼ cup Vegenaïse® Original Spread
- ¼ cup balsamic vinegar
- ⅛ teaspoon pepper
- ⅛ teaspoon onion powder
- ⅛ teaspoon garlic powder
- dash of salt

Blend all ingredients.

CURRIED CHICKPEA SALAD



In a large bowl, whisk together all of the ingredients through turmeric. Add raisins, chickpeas, bell pepper, onion and cilantro. Toss and serve over a bed of greens.

What an awesome way to add tangy flavor to chickpeas (garbanzo beans). We love to heap this on top of fresh greens.

PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE!

YIELD: 4 SERVINGS

- 2 ½ teaspoons apple cider vinegar
- 2 tablespoons lime juice (1 lime)
- ¼ cup extra virgin olive oil
- 3 teaspoons curry powder
- 3 teaspoons agave nectar
- ½ teaspoon sea salt
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- ½ cup seedless raisins
- 2 (15 oz.) cans cooked chickpeas, rinsed and drained
- 1 red bell pepper, cored, seeded and chopped
- 2 -3 scallions or ½ red onion, finely chopped
- ½ cup cilantro, chopped

RAW KALE and VEGETABLE SALAD



TIP!

Eat at least 50% raw fruits and vegetables each day, and remember to eat them before your cooked food. It is better for your digestion and will fill you up with good fiber before taking in more concentrated foods.



Wash, cut and bag the vegetables. You can store refrigerated for approximately 1 week in gallon-sized Ziploc bags. (We avoid adding vegetables such as tomatoes and avocados to this mix - instead, we use these fresh each day).

You've heard it from everywhere - EAT MORE RAW! The health benefits are astounding, including a natural way to maintain a healthy weight. So why aren't you doing it? Why is it so hard?

With just a little planning, you can significantly increase your raw intake. We prepare our vegetables once/week and store them in the fridge, bagged and ready to go. By doing this, you'll have a salad bar - ready to go - 24/7.

PREPARATION TIME: 1 - 2 hrs, once a week

COOKING TIME: NONE!

YIELD: ENOUGH FOR A FAMILY OF 4 FOR ONE WEEK

- 6 heads kale (dino and/or red)
- 2 sweet orange peppers
- 2 sweet yellow peppers
- 1 head red cabbage
- 1 head white cabbage

TRY THESE TOPPINGS!

- shredded carrots
- shredded beets
- slivers of red onion
- raw walnuts
- raisins
- nuts (walnuts, pine nuts, etc.)
- cranberries
- avocado
- tofu (we like it with extra-firm teriyaki style)
- tomatoes

VEGETABLE MEDLEY



Another delicious mostly raw dish that can be served as is or over a bed of greens.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 1 MINUTE

YIELD: 4 - 6 SERVINGS

- 1** Wash and chop all vegetables into bite-sized pieces.
- 2** Blanch the broccoli and asparagus as follows: Heat about 1 quart of water to boiling, then turn off heat. Add the broccoli and asparagus for **1 MINUTE ONLY** (do not overcook - the vegetables should turn bright green).
- 3** Drain the broccoli and asparagus in a colander and rinse with cold water until the vegetables are cooled. Drain and put in large bowl.
- 4** Add the remaining vegetables to the broccoli and asparagus and toss.
- 5** Whisk the ingredients for the dressing together in a small bowl. Pour on the vegetables and toss to coat evenly.

- 1 bunch asparagus, trimmed
- 1 head broccoli crowns
- 1 sweet pepper
- ½ sweet onion
- 2 cups mushrooms
- 3 large tomatoes
- 1 large cucumber

DRESSING *(optional)*

- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon Spike® seasoning
- 1 tablespoon agave nectar

CUCUMBER TOMATO SALAD



Combine all ingredients in a large bowl, until the Vegenaïse® is well blended. Refrigerate.

PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE!

YIELD: 4 CUPS

- 2 large cucumbers, washed, un-peeled, sliced and quartered
- 6 medium tomatoes, washed, sliced and quartered
- 2 tablespoons olive oil
- 2 teaspoons rice vinegar
- 1 tablespoon Vegenaïse®
- ¼ teaspoon salt
- ¼ teaspoon pepper

SALTED LIME CARROT SALAD

PREPARATION TIME: 10 MINUTES

COOKING TIME: NONE!

YIELD: 4 CUPS

- 6 large carrots, shredded fine or medium
- juice of 2 large limes
- 1 teaspoon sea salt

Combine all ingredients in a large bowl.

BAKED JAPANESE YAMS



Japanese Yams (Satsuma Imo) are a nice variation from Garnet Yams - lighter flavor and texture.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 1 HOUR

YIELD: 4 SERVINGS

- 4 Japanese Yams, washed and dried (do not peel)
- 2 tablespoons Earth Balance® Whipped Buttery Spread
- 2 tablespoons maple syrup
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

- 1 Preheat oven to 450° and place yams in for 1 hour, uncovered.
- 2 Remove yams from oven and allow to cool. Peel the skins off and discard.
- 3 Place warm peeled yams into a large bowl. Add the Earth Balance® Whipped Buttery Spread and mash until smooth.
- 4 Mix in other ingredients and serve warm.

TIP!

Body Builders love yams because they are a good source of slow-burning carbs and have a lower Glycemic Index than simple carbs such as white rice or bread.

BAKED GARNET YAMS

Same recipe as above - just substitute Garnet Yams. In a hurry? Wash and chop the yams into bite-sized pieces, toss with olive oil, and bake on a non-stick pan for 33 minutes at 400°.

Add the other ingredients or just eat as-is.

CAULIFLOWER MASHED "POTATOES"

- 1 Steam cauliflower in a steamer or boil in shallow water until softened. Drain off excess water when done.
- 2 Transfer cauliflower to a large bowl. With a potato masher, mash cauliflower until smooth (blend in a food processor if you want it completely smooth). Add the remaining ingredients and stir until all flavors are blended.

Great low -carb alternative to mashed potatoes.

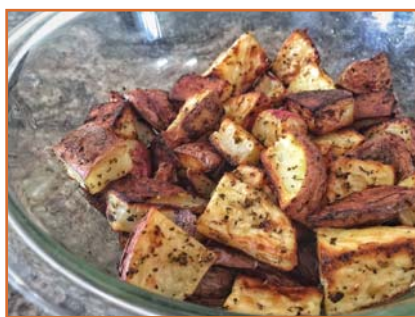
PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 2 - 4 SERVINGS

- 4 cups cauliflower florets, steamed
- 1 tablespoon Earth Balance® Whipped Buttery Spread
- ½ cup unsweetened soy milk
- 1 tablespoon Spike® Seasoning
- ¼ teaspoon salt

ROASTED RED POTATOES



- 1 Preheat oven to 450°F. Combine potatoes with the oil and spices in a large bowl
- 2 Put potatoes on an oiled cookie sheet or baking pan and cook for 20 - 30 minutes (check after 20 minutes - potatoes should be brown and crispy when done).

PREPARATION TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

YIELD: 8 SERVINGS

- 6 - 8 small red potatoes, washed and cut into large wedges
- ¼ cup olive oil
- 1 tablespoon Italian Seasoning
- 1 teaspoon crushed garlic
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

SWEET POTATO FRIES



This is one of our favorite ways to prepare sweet potatoes - tasty alternative to baked yams.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

YIELD: 4 SERVINGS

- 2 large sweet potatoes or yams, washed, un-peeled
- oil for frying (we prefer grapeseed)
- sea salt

- 1** Cut the potatoes into slices, french fry style. Heat the oil in a frying pan on high heat.
- 2** Cook the yams for about 15 minutes, until brown and slightly crispy. Flip once during the cooking time. Be careful not to let them burn.
- 3** After cooking, remove from the skillet and drain the excess oil by placing the yams on a paper towel. Sprinkle sea salt on yams to taste.



GARLIC MASHED POTATOES

- 1 Cut the potatoes into quarters and boil them until slightly soft. (Leave the skin on, that's the best part!) Once the potatoes are ready (puncture with a fork to see), drain the water and mash the potatoes with a potato masher until smooth. Set aside.
- 2 In a small saucepan, put 4 tablespoons Buttery Spread and add the crushed or minced garlic. Heat over medium heat and stir until butter is completely melted and flavors have blended. Pour the mixture into the mashed potatoes
- 3 Add the remaining ingredients and stir to blend the flavors.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 2 - 4 SERVINGS

- 4 medium russet potatoes
- 4 tablespoons Earth Balance® Whipped Buttery Spread
- 2 cloves fresh garlic, crushed, or 1 teaspoon minced garlic
- 1 tablespoon Spike® Seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper

GARLIC FLATBREAD

We use traditional Mediterranean flatbread for this twist on garlic bread. It's thick, chewy and loaded with garlic goodness!

- 1 Cut the bread into triangles (about 4 - 6 triangles per slice).
- 2 Heat the Earth Balance® and minced garlic over medium heat in a small saucepan.
- 3 Dip each triangle into the buttery garlic liquid and then place on a cookie sheet or shallow baking dish.
- 4 Oven broil on high heat until the bread is crispy. Flip over and broil the other side as well.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

YIELD: 8 SERVINGS

- 4 slices Mediterranean flatbread (Trader Joe's® makes a really good one)
- 2 tablespoons Earth Balance® Whipped Buttery Spread
- 1 tablespoon minced garlic

MARINATED GRILLED VEGETABLES



Turn your favorite raw vegetables into a savory side dish.

PREPARATION TIME: 30 MINUTES

COOKING TIME: 3 - 5 MINUTES

YIELD: 6 SERVINGS

- 1** Blanch the broccoli and asparagus as follows: Heat about 1 quart of water to boiling, then turn off heat. Add the broccoli and asparagus for **1 MINUTE ONLY** (do not overcook - the vegetables should turn bright green).
- 2** In a large bowl, combine the ingredients of the marinade and whisk to ensure all of the ingredients are well blended. Add the broccoli, asparagus, and remaining vegetables to the marinade and toss making sure all of the vegetables are well coated.
- 3** Transfer the vegetables to a large baking pan or cookie sheet. If necessary, use two pans to ensure that the vegetables lay flat and are not covering each other. Drizzle the remaining marinade over the vegetables.
- 4** Oven-broil each pan of vegetables (high heat) until they are sizzling and slightly crispy. If you are using a grill, cover it with foil and place the vegetable directly on the foil. Remove the vegetables after they are seared.

- 2 cups broccoli florets, blanched
- 1 bunch asparagus, trimmed and blanched
- 2 cups kale, chopped
- ¼ red onion, cut into large pieces
- 1 yellow squash, cut into ½ inch slices
- 1 zucchini, cut into ½ inch slices
- 2 large Portobello mushrooms, cut into ½ inch slices
- Optional – 1 red bell pepper, cut into ½ inch slices
- Optional – 1 cup tomatoes, sliced

MARINADE

- ½ cup olive oil
- 2 tablespoons Vegetarian Worcestershire Sauce
- ¼ cup vinegar
- ½ teaspoon Braggs Liquid Aminos
- ¾ teaspoon yellow or Dijon mustard
- ½ teaspoon Spike[®] seasoning
- ½ teaspoon garlic powder

SAUTÉED ASPARAGUS or KALE

- 1** In a large skillet, heat Earth Balance® on high. Sauté asparagus or kale, uncovered, stirring constantly. Add a few squirts of Liquid Aminos and mix together.
- 2** Continue to sauté, but be careful not to let burn. Reduce heat and put the cover on the skillet and let the asparagus or kale steam for about one minute. The color should change to bright green once it is sufficiently steamed.
- 3** Remove the cover, increase the heat to high, and add a few shakes of Spike®. Sauté for about one minute more just to blend the flavors. Do not overcook. The vegetables should be firm, not mushy. Once done, remove from heat and serve.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

YIELD: 4 SERVINGS

- 1 lb. asparagus, washed and trimmed, or 6 cups kale, washed and chopped
- 2 tablespoons Earth Balance® Whipped Buttery Spread
- Bragg's® Liquid Aminos (spray bottle is best for this recipe)
- Dash of Spike® Seasoning

SAUTÉED GARLIC MUSHROOMS

- 1** In a large skillet, heat Earth Balance® on medium heat and add the garlic. Continue to cook until the Earth Balance® is melted and the garlic is softened.
- 2** Add the mushroom and a few squirts of Liquid Aminos and continue to stir. Add a few shakes of Spike®.
- 3** Sauté for about two minutes more just to blend the flavors. The mushrooms are done when they are browned and slightly crispy on the outside.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

YIELD: 4 SERVINGS

- 4 tablespoons Earth Balance® Whipped Buttery Spread
- 2 cloves garlic, crushed, or 1 teaspoon minced garlic
- 4 cups button mushroom, washed
- Bragg's® Liquid Aminos
- Dash of Spike® Seasoning

SWEET CORN BREAD

This classic corn bread, with a little agave nectar added, is outstanding and so easy to make! It goes great with just about anything; Barbecue Fried Chick'n, Vegetarian Chili, Collard Greens, or even as a breakfast dish. The best part is that it is economical too! Try adding some fresh blueberries or Trader Joe's® Corn Chile Salsa to the mix for a delicious variation!

- 1** Preheat oven to 400 degrees. Grease the 8x8 pan or fill a muffin tin with paper liners.
- 2** In a large bowl, mix together the corn meal, flour, sugar, baking powder, and salt. In a separate small bowl, mix the soy milk, oil, water and corn starch. Combine the contents of each bowl and stir well. Add the agave nectar and mix together again. Let sit for 3 – 4 minutes for maximum crown on the muffins.
- 3** Pour the mixture into the pan (or muffin tin). If making cornbread, bake for 22 – 25 minutes. If making muffins, bake for 15 – 20 minutes. Be careful not to let the bread burn. It is ready when a fork inserted in the middle comes out clean.
- 4** After they are done and still warm, top with Earth Balance®.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 - 25 MINUTES

YIELD: 12 SERVINGS

- 1 cup yellow corn meal
- 1 cup flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup soy milk
- ¼ cup oil (a light oil, such as organic canola)
- 2 tablespoons water
- 1 tablespoon corn starch
- 1 ½ tablespoons agave nectar
- Earth Balance® Whipped Buttery Spread
- 8x8 baking pan
- Muffin tin and paper liners (optional, if making corn muffins)

COCONUT RICE and BEANS



This is a traditional take on Jamaican “Rice and Peas.” Coconuts are one of Kamaal’s favorite fruits so this dish is her specialty!

PREPARATION TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

YIELD: 8 SERVINGS

- 1 cup canned kidney beans, washed and drained
- 2 whole green onion, crushed
- 2 (14 oz.) cans of coconut milk
- 1 teaspoon black pepper
- 1 ½ teaspoon thyme
- 2 teaspoons sea salt
- 2 cups long grain white rice

- 1** Wash and drain the kidney beans and set aside. In an iron skillet, crush the green onion on the bottom of the skillet with a cup or small bowl.
- 2** Add the coconut milk, black pepper and thyme. Stir the coconut milk. Bring to a boil over high heat then reduce the heat to low. Cover and simmer for 10 minutes.
- 3** Remove the green onion and discard. Add the rice and salt. If necessary, add more water so that the liquid is 1 inch above the rice. Cover and simmer for 20 minutes.
- 4** Fluff the rice with a fork, the rice should separate easily. Turn off the heat and cover again.

MACARONI and "CHEESE"

Southern Style



This Macaroni and Cheese recipe is "Southern Style" because I took my Mom's recipe and converted it into a vegan option. It's so thick and rich - just like she used to make! A favorite for Thanksgiving and with Fried Chick'n and BBQ Seitan.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 30 - 35 MINUTES

YIELD: 1 13×9" PAN

- 1 Preheat oven to 400°. Cook the macaroni noodles according to package instructions. When done, rinse and drain the noodles and put in a large mixing bowl. Add the Earth Balance® Buttery Spread and toss until the noodles are coated and the Earth Balance® is melted.
- 2 Squeeze excess water from the tofu, then crumble it (with your hands) and toss it with the noodles.
- 3 In a separate small mixing bowl, combine the soy milk, Spike®, pepper, sea salt, nutritional yeast and the egg replacer. Stir until the ingredients are well mixed and then add to the noodles and mix thoroughly.
- 4 Mix 1 package of mozzarella and 1 package of cheddar Daiya® shreds with the noodles. Pour the noodle mixture into the baking pan.
- 5 Cover the noodles with the half package of cheddar Daiya®.
- 6 Bake, covered with foil, for 30 minutes. Then broil on low for a few minutes until the top layer of cheddar is slightly crispy.

- 1 1/2 cups uncooked small elbow macaroni
- 2 tablespoons (rounded) Earth Balance ® Buttery Spread
- 10 oz. extra firm tofu (Wildwood® SprouTofu® Super Firm if available)
- 1 cup unsweetened soy milk
- 1 ½ teaspoons Spike ®
- 1 teaspoon pepper
- ½ teaspoon sea salt
- ¼ cup Nutritional Yeast (we use Red Star® brand)
- 1 tablespoon Ener-G® Egg Replacer
- 8 oz. Daiya® mozzarella shreds (1 package)
- 12 oz. Daiya® cheddar shreds (1 ½ packages)



“Could you **look an animal in the eyes and say to it, ‘My appetite
is more important than your
SUFFERING’?”**

MOBY, MUSICIAN

DRINKS, DIPS, DRESSINGS & SAUCES



Apple, Beet, Carrot, Ginger Juice



Hummus



BBQ Sauce

APPLE, BEET, CARROT, GINGER JUICE



Delicious, refreshing juice that is naturally sweet and tangy with cleansing properties.

PREPARATION TIME: 30 MINUTES

COOKING TIME: NONE!

YIELD: 98 OUNCES

- ❑ 6 apples (Fuji are a good choice), washed, un-peeled, cored and sliced
- ❑ 5 pounds carrots, washed and ends trimmed
- ❑ 5 medium beets, washed, un-peeled, cut into quarters (save beet leaves)
- ❑ 6 inches ginger, cut into 2 inch pieces
- ❑ 4 lemons, washed and un-peeled, cut in half



- 1** Wrap the beet leaves into balls, securing with the stems as in the photo to the left. The balls should be about 4 inches in diameter.
- 2** Place all ingredients in a vegetable juicer. (We use the Jack La Lanne's Power Juicer™). Since the apples have the most water content, put a few apples in after each carrot, beet, or ginger section. This will keep your juicer running smoothly.
- 3** After all of the juice is extracted, pour into a large container and mix thoroughly to blend the ingredients. Drink within 24 hours for freshest flavor.

BBQ SAUCE ORIGINAL & SPICY



Tired of buying overpriced BBQ sauces with a bunch of ingredients that may not be the most healthy? Kamaal and I were too which is why she created this simple, delicious sauce that is a staple in many of our recipes.

We like it original or spicy, depending upon the dish. If you would like to bring out the richness of the sauce, make it the day before. This gives time for the flavors to blend together. Try adding a tablespoon of Mexican mole spice blend for an exotic flair!

PREPARATION TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

YIELD: 1 QUART

- 1** Using a saucepan large enough to mix all the ingredients (at least 1 ½ quart size), add everything from the tomato sauce through the sea salt and combine well. Place the saucepan, uncovered, on low heat for 30 minutes and stir every 5 to 10 minutes to ensure the sauce does not burn. The sauce should not come to a boil or bubble, just a low simmer.
- 2** After 30 minutes, stir in the ketchup and agave nectar. Let the sauce continue to simmer for another 15 minutes. Stir a few times.
- 3** By now, the sauce should have cooked for approximately 45 minutes. Remove the saucepan from the heat and stir in the sweet chili sauce. Let the sauce sit until it has cooled.
- 4** For our spicy variation, add the Sriracha hot chili sauce to taste. Keep refrigerated.

- 16 oz. tomato sauce
- ½ cup molasses
- 3 tablespoons apple cider vinegar
- 1 tablespoon liquid smoke
- 2 tablespoons dark brown sugar
- 2 teaspoons ground cumin
- 2 teaspoons granulated onion
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- 2 tablespoons ketchup
- 1 tablespoon agave nectar
- ½ cup sweet chili sauce
- ¼ cup Sriracha hot chili sauce (optional, for spicy version)

HOT SAUCE for BUFFALO WINGS

PREPARATION TIME: 3 MINUTES

COOKING TIME: NONE!

YIELD: ABOUT ¾ CUP

- ¼ cup BBQ Sauce
- 2 tablespoons yellow mustard
- 2 tablespoons Sriracha sauce
- 1 tablespoon ketchup

Mix all ingredients in a small cup or jar until blended well.

TIP!

This is an excellent sauce for Fried Chick'n and Apple Sage Sausage. Dip in the sauce and then broil on high heat until crispy.

PESTO SAUCE

PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE!

YIELD: ABOUT ¾ CUP

- 4 cups fresh basil, (about 8 oz) washed and stems removed
- ¼ cup Veganaise® Original Spread
- ¼ cup olive oil
- 1 teaspoon garlic, crushed
- ½ teaspoon salt

Blend all ingredients in a blender or food processor until creamy.



See the recipe for this Pesto Pizza with Apple Sage Sausage on page 130. Be sure to check out our other recipes using this pesto sauce too!

HUMMUS



- 1 Combine all the ingredients up to the olive oil in a food processor and pulse to mix.
- 2 Add the olive oil and Vegenaïse® and continue to pulse until all the ingredients have been well combined. You may have to scrape the sides and mix manually then continue to pulse.
- 3 Continue to mix until desired consistency

TO SPROUT GARBANZO BEANS

- 1 Put approximately 1 ¾ cups of raw garbanzo beans in a large container (a large glass jar works well). Fill with cool water.
- 2 Let the garbanzo beans sit for 12 to 48 hours (longer for easier digestion) out of direct sunlight. Change the water a few times during this period.
- 3 After desired soaking time has been completed, pour water out of the container leaving the garbanzo beans inside. Rinse them. Sit the container out for 2 to 4 days until the sprouts achieve desired length (½ to 1 inch). Rise often during this process. Keep out of direct sunlight and cover/wrap with a towel.

Make fresh hummus at home and add your own spices.

PREPARATION TIME: 15 MINUTES

COOKING TIME: NONE

YIELD: ABOUT 2¼ CUPS

- 2 cups sprouted garbanzo beans (also called chickpeas, canned or cooked may be used)
- 3 garlic cloves
- 1 ½ squeezed lemon (juice of the lemon)
- 2 ½ tablespoons sun-dried tomatoes in olive oil
- 4 teaspoons Turkish Seasoning
- ½ teaspoon red chili pepper flakes
- ½ teaspoon smoked paprika
- ½ teaspoon Bragg's® Liquid Aminos
- 3 tablespoons extra virgin olive oil
- 3 tablespoons Vegenaïse®



MACA MAYO

MEXICAN STYLE DIP



“Maca Mayo” is one of our favorite flavored vegan mayonnaise spreads. Maca is an ancient superfood that is sometimes called “Peruvian Ginseng.” We use it in smoothies and spreads.

PREPARATION TIME: 5 MINUTES

COOKING TIME: NONE

YIELD: ABOUT 1¼ CUPS

- 1 cup Vegemise®
- 2 tablespoons ketchup
- 2 tablespoons maca powder*
- 1 teaspoon mexican seasoning

** You can substitute vegan cream cheese as an alternative*

Combine all the ingredients in a small blender or food processor. Great spread for wraps, dip for chips and vegetables, and even as a thick salad dressing!

WITH HUMMUS and SUN-DRIED TOMATOES

- 1 cup Vegemise®
- ½ cup hummus
- 2 tablespoons maca powder
- 2 tablespoons sun-dried tomatoes (in oil)
- 1 leaf fresh basil (or 1 teaspoon dried basil)

Combine all the ingredients in a small blender or food processor.



SALSA in 8 Minutes

TIP!

Add 1 - 2 tablespoons of the salsa to 4 mashed avocados to make guacamole!



Combine all the ingredients in a food processor or blender.

Why buy salsa when you can make it fresh in less than 8 minutes? This simple recipe takes less than 8 minutes to prepare and is a fraction of the cost of purchased salsa.

PREPARATION TIME: 8 MINUTES

COOKING TIME: NONE

YIELD: ABOUT 1½ CUPS

- 3 medium tomatoes, diced
- 1 bulb garlic, chopped
- 2 green onions, chopped
- 1 cup cilantro, washed and packed tightly
- juice of 1 lime
- 1 tablespoon Mexican Seasoning or Simply Organic® Salsa Mix
- 2 tablespoons Simply Organic® Mole Sauce Mix
- ¼ teaspoon sea salt
- ¼ teaspoon ground cumin
- dash of ground cayenne pepper (optional)

SIMPLE DRESSING

This is a very simple yet tasty dressing that is great on salads, wraps, and even subs. Flaxseed oil is also an excellent source of Omega 3 essential fatty acids.

- 1 cup vegetable oil (preferably light tasting oil such as organic canola or grapeseed)
- 2 tablespoons Cold-Pressed Flaxseed oil
- 4 tablespoons maple syrup
- ¼ cup apple cider vinegar
- 1 tablespoon Spike® Seasoning
- 1 teaspoon paprika
- 1 small onion, cut into large pieces
- 3 tablespoons Vegenaize® Original Spread (optional)

PREPARATION TIME: 8 MINUTES

COOKING TIME: NONE

YIELD: 2 CUPS

Combine all the ingredients in a food processor or blender. Keep refrigerated.

ORANGE AVOCADO DRESSING

PREPARATION TIME: 5 MINUTES

COOKING TIME: NONE!

YIELD: 1½ CUPS

- 1 cup orange juice
- juice of ½ lime
- 2 green onions
- ½ avocado
- 1 tablespoon rice vinegar
- 1 teaspoon agave nectar
- ½ teaspoon sea salt
- ½ teaspoon Spike® Seasoning

Blend all ingredients in a blender or food processor until creamy. Refrigerate.

TIP!

Perfect compliment to the Raw Kale and Vegetable Salad

CREAMY BALSAMIC VINAIGRETTE

PREPARATION TIME: 5 MINUTES

COOKING TIME: NONE!

YIELD: ABOUT ¾ CUPS

Blend all ingredients in a blender or food processor until creamy.

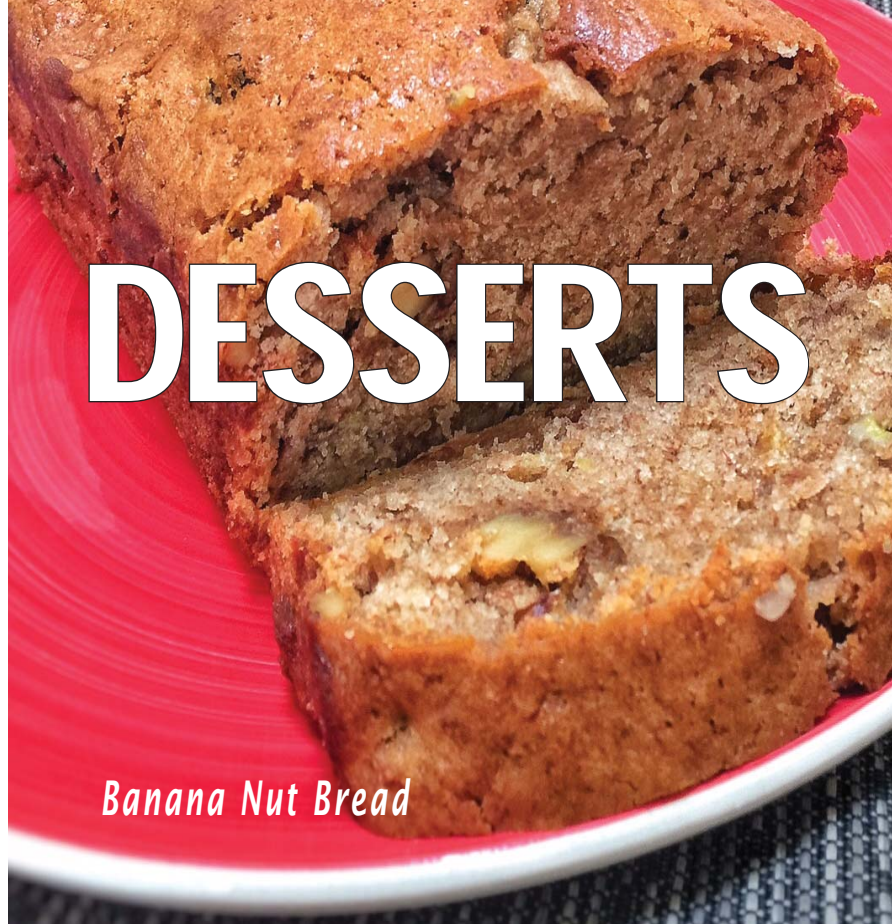
- ½ cup olive oil
- ¼ cup Vegenaïse® Original Spread
- ¼ cup balsamic vinegar
- ⅛ teaspoon pepper
- ⅛ teaspoon onion powder
- ⅛ teaspoon garlic powder
- dash of salt

TIP!

Perfect compliment to the Antipasto Chopped Salad



Cheesecake



DESSERTS

Banana Nut Bread



Carrot Cake



Brownies



Grandma Fannie's Peach Cobbler

APPLE CRISP



- 1 Preheat oven to 350 degrees.
- 2 Combine all ingredients for the APPLE FILLING in a large saucepan and cook over medium heat for about 10 minutes, stirring occasionally.
- 3 While the apples are cooking, combine all ingredients for the CRISP TOPPING in a large bowl. Make sure the Earth Balance® is mixed in well. You should have a crumbly topping when finished.
- 4 Press a small amount of the CRISP TOPPING in an 8x8" baking dish. Add the cooked apples, and then cover with remaining CRISP TOPPING.
- 5 Bake at 350 degrees for 35 minutes until topping is golden brown. Let cool slightly and serve warm.

I love apple desserts! This is the first of two delicious desserts that are simple to make and sure to please.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 35 MINUTES

YIELD: 8 SERVINGS

APPLE FILLING

- 4 large apples, washed, peeled, thinly sliced (we prefer Fuji apples)
- ½ cup white sugar
- ¼ cup brown sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- ¼ teaspoon ground clove
- 2 teaspoons vanilla extract
- dash of salt
- 2 tablespoons Earth Balance® Original Buttery Spread, softened
- ½ cup chopped walnuts (optional)
- ½ cup raisins (optional)

CRISP TOPPING

- ¾ cup brown sugar
- ½ cup all-purpose white flour
- ½ cup oats (old fashioned or quick cook)
- ¾ teaspoon ground cinnamon
- ¾ teaspoon ground nutmeg
- ¾ cup graham crackers, finely crumbled (can use a food processor or blender)
- 2 tablespoons Earth Balance® Original Buttery Spread, softened

APPLE PIE with WALNUTS & RAISINS



- 1 Preheat oven to 375°F. Let frozen pie crusts thaw while preparing and cooking apples.
- 2 Combine all ingredients for the APPLE FILLING in a large saucepan and cook over medium heat for about 10 minutes, stirring occasionally.
- 3 Pour the APPLE FILLING into the bottom of one of the pie crusts, retaining some, but not all of the liquid from the apples.
- 4 Cover the pie with the remaining crust, crimping the edges with a fork. Cut several slits in top crust to let steam escape.
- 5 Put pie on a cookie sheet (to catch dripping during baking). Bake at 375°F for 50 minutes or until crust is golden brown. Remove from oven and spread 2 tablespoons of Earth Balance® on the crust. Return to oven and cook another 2 - 5 minutes.
- 6 Let cool for at least 30 minutes.

And this is the second apple dessert - basically the same as the Apple Crisp but with a different crust.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 50 - 55 MINUTES

YIELD: 1 PIE

APPLE FILLING

- 4 large apples, washed, peeled, thinly sliced (we prefer Fuji apples)
- ½ cup white sugar
- ¼ cup brown sugar
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg
- ¼ teaspoon ground clove
- 2 teaspoons vanilla extract
- dash of salt
- 2 tablespoons Earth Balance® Original Buttery Spread, softened
- ½ cup chopped walnuts
- ½ cup raisins

CRUST

- 2 nine inch frozen pie crusts
- 2 tablespoons Earth Balance® Original Buttery Spread, softened



BANANA NUT BREAD



PREPARATION TIME: 10 MINUTES
COOKING TIME: 60 - 65 MINUTES
YIELD: 1 LOAF

- 1 Preheat oven to 350 degrees.
- 2 Combine the dry ingredients (up to the corn starch) in a bowl. Add the oil, water, and bananas. Beat until smooth. Add the walnuts and raisins and mix thoroughly.
- 3 Grease and flour a 9x5x3 inch loaf pan. Pour the batter into the loaf pan and cook for 60 – 65 minutes, or until a toothpick inserted in the middle comes out clean.
- 4 Let cool and then slice and enjoy!

*This recipe holds a special place in my heart because it was the **FIRST** vegan dish I made for Londale over 30 years ago! He invited me to his family reunion shortly after we were engaged and I wanted to bring a dish **AND** make a good impression...*

A sorority sister was visiting me from Detroit at the time and suggested I make banana bread because it was easy and foolproof, even for someone that did not know how to cook (me).

I researched several recipes (pre-Internet!) and had to figure out how to “veganize” them. After a bit of trial and error, this eggless, dairyless, moist, delicious banana bread was the result. We were married 6 weeks later. I guess it worked!

It has been a staple in our household - we make it every time our family travels - especially on long road trips. It's portable, very filling and lasts days without refrigeration. It's wonderful by itself or as a dessert with vegan ice cream.

- 1 cup sifted all-purpose white flour
- ¾ cup sifted whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 cup sugar
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 tablespoons organic corn starch
- ¾ cup oil (light oil, like organic canola)
- ¼ cup water
- 2 – 3 very ripe bananas, mashed smooth
- 1 cup finely chopped walnuts
- ¾ cup golden raisins (optional)

BROWNIES



One of my absolute favorite treats - so simple to make and a perfect, fudgy texture.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 32 - 33 MINUTES

COOLING TIME: 15 - 20 MINUTES

YIELD: ABOUT 9 BROWNIES

- 1** Preheat oven to 325°. Oil an 8x8 pan and set aside.
- 2** In a mixing bowl, combine the flour, sugar, cocoa powder, salt, baking powder and corn starch. In a separate bowl, combine the milk, oil and vanilla extract.
- 3** Pour the liquid mixture into the dry ingredients and stir well. You should have a thick, chocolate batter when done.
- 4** Fold in the walnuts and chocolate chips. Press the batter into the pan and bake at 325° for about 32 - 33 minutes. Remove from oven and let cool completely for at least 15 minutes. Cut into squares and enjoy!

- 1 cup all-purpose flour
- 1 cup white sugar
- ¾ cup unsweetened cocoa powder
- ½ teaspoon salt
- ½ teaspoon baking powder
- 1 tablespoon corn starch
- ¾ cup soy or almond milk
- ¾ cup oil (a light oil such as organic canola)
- 2 teaspoons vanilla extract
- ½ cup chopped walnuts (you may add more walnuts if you prefer)
- ½ cup semi-sweet chocolate chips

CARROT CAKE with CREAMY LEMON FROSTING



Carrot Cake with Creamy Lemon Frosting is the perfect fall dessert and one of our all-time favorites. It takes a bit of time but it is simple and worth the effort. It's super moist and stays fresh in the fridge for days (although it never lasts that long in our home!)

PREPARATION TIME: 45 MINUTES

COOKING TIME: 45 - 55 MINUTES

YIELD: 1 CAKE (double-layer, bundt or sheet)

CAKE

- 1 cup white sugar
- ½ cup brown sugar
- 1 ¼ cups vegetable oil
- 3 cups all-purpose flour
- ½ teaspoon salt
- 3 teaspoons baking powder
- 2 teaspoons baking soda
- 1 ½ teaspoons cinnamon
- Dash of nutmeg
- 1 ½ cups soy or almond milk (vanilla)
- 2 teaspoons vanilla extract
- 2 cups raw grated carrots
- 1 cup chopped walnuts
- 1 cup raisins (golden preferred)

GLAZE (optional)

- ½ cup vegan creamer (I use Silk® French Vanilla)

FROSTING

- 4 oz vegan "Cream Cheese" – plain (Tofutti® and Daiya® are good choices)
- ¼ cup Earth Balance® Whipped Buttery Spread
- 1 teaspoon finely grated lemon peel
- 2 ¼ cups powdered sugar

FOR THE CAKE

- 1** Preheat the oven to 350°. Grease and flour a bundt or a 9 x 13 inch pan. If you are making a double-layer cake, grease and flour two 8x8 round cake pans.
- 2** In a large bowl, mix the white sugar, brown sugar, and oil. Beat until light and fluffy. In another bowl, sift the flour, salt, baking powder, baking soda, cinnamon and nutmeg. Add the flour mixture to the sugar and oil and beat. Add the soy or almond milk and mix well.
- 3** Add the vanilla extract and stir again. Add the carrots and mix well. Finally, add the walnuts and raisins and mix all of the ingredients together until the batter is consistent.
- 4** Pour the batter into the pan (or pans) and bake for about 45-55 minutes. Do not over bake! Check the cake after 45 minutes; if a toothpick is slightly moist after inserted into the middle of the cake, then it is ready. If necessary, bake another 10 minutes (the 8x8 pans and the 9x13 pan will typically be done sooner than a bundt cake pan). When the cake is done, remove it from the oven and let it cool slightly (about 10 minutes).

FOR THE GLAZE (optional)

- 1** After the cake has cooled slightly, make a few holes in the top of the cake with a toothpick, and with a knife, gently separate the cake from the edges of the pan.
- 2** Slowly pour the vanilla creamer on top of the cake and in the space between the cake and the edge of the pan. It should ooze all over the cake and seep in which will make it moist and even sweeter.
- 3** Let the cake stand in the glaze for about an hour, and then gently remove the cake from the pan to finish cooling.

FOR THE FROSTING

- 1** In a saucepan or small pot, heat the cream cheese, Earth Balance®, and grated lemon peel over low heat until the butter is melted and the cream cheese is very soft.
- 2** In a medium bowl, add the powdered sugar. Add the cream cheese/butter mixture and blend or whisk together with the powdered sugar until the mixture is very smooth. Refrigerate the frosting for a few minutes until it is cooled and slightly stiff. You can frost after the cakes are cooled.
- 3** If you are making a double-layer cake, take one layer from the pan and flip it over so that the flat “bottom” is now on the top. Spread the frosting on the both layers, and then stack the other layer on top of the one that it flipped over.
- 4** For bundt or sheet cakes, simply frost.

CHEESECAKE



Cheesecake was one of my favorite desserts before I became vegetarian so coming up with a vegan version was a very high priority for me! Great for anyone that's lactose intolerant as well.

This is one of our simplest dessert recipes and is absolutely delicious. Be sure to make it the day before because it's best after being refrigerated (or frozen) overnight.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 45 MINUTES

YIELD: 1 CAKE

CAKE

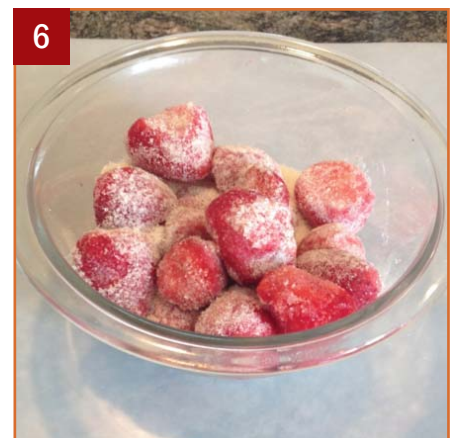
- 24 oz vegan cream cheese - plain (Daiya® and Tofutti®) are good choices
- ¼ cup vegan sour cream
- ¼ cup vanilla creamer (we use Silk®)
- 2 tablespoons vanilla extract
- 2 tablespoons lemon juice
- 2 tablespoons Ener-G® Egg Replacer
- 1 cup sugar
- 1 deep dish (or extra serving) graham cracker crust

STRAWBERRY TOPPING (optional)

- 2 cups fresh or frozen strawberries
- 1/2 cup sugar



- 1 Preheat oven to 350°. Combine all of the ingredients for the cheesecake (except the pie crust) in a large bowl. Blend thoroughly with a mixer, or stir by hand. Make sure you mix until the batter is smooth.
- 2 Pour the batter into the pie crust. Bake for 45 minutes. It is important that the cheesecake bakes thoroughly so that it will be thick the next day.
- 3 After baking, remove from the oven and let cool completely. Refrigerate (or freeze) overnight or at least 8 hours and then slice and serve with strawberry topping if desired. It can be kept in the freezer for extra thickness.
- 4 For the strawberry topping, simply combine the fresh sliced strawberries and the sugar in a bowl. Let sit for about 2 hours; it will make its own glaze and then be ready to use, or you can refrigerate overnight with the cheesecakes.



CHOCOLATE CAKE with RASPBERRY GLAZE



The almond extract brings out the true richness of the chocolate in this double layered cake. It perfectly complements the raspberry glaze, which is an option to serve over the cake and to spread in the middle of the layers.

PREPARATION TIME: 45 MINUTES

COOKING TIME: 25 - 30 MINUTES

YIELD: 1 CAKE (double-layer)

CAKE

- 3 cups unbleached all-purpose flour
- 2 cups sugar
- 2 teaspoons baking soda
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 1 teaspoon salt
- 2 tablespoons white vinegar
- 2 teaspoons almond extract
- $\frac{3}{4}$ cup vegetable oil (canola oil recommended)
- 2 cups vanilla soy or almond milk

CHOCOLATE FROSTING

- $\frac{1}{2}$ cup margarine, room temperature (Earth Balance® Whipped Buttery Spread recommended)
- $\frac{1}{2}$ vegetable shortening, room temperature
- 1 cup unsweetened cocoa powder, sifted
- 5 cups powdered sugar, sifted
- 6 tablespoons vanilla soy milk
- 3 teaspoons pure vanilla extract

RASPBERRY GLAZE (optional)

- 24 oz. frozen (thawed) or fresh raspberries
- $\frac{2}{3}$ cup sugar
- 2 tablespoons organic cornstarch
- 2 tablespoons ice cold water

FOR THE CAKE

- 1** Preheat the oven to 350°F. Put all the dry ingredients into a large bowl and stir until mixed completely, use a whisk for even distribution. Pour the vinegar, almond extract, oil and vanilla soy milk into the dry ingredients. Mix until smooth, preferably with a hand mixer.
- 2** Grease two 8 inch baking pans and pour in the batter. Bake until a toothpick inserted in the center comes out dry, about 25 to 30 minutes. Let cool completely.*

*TIP: If you have time, after the pans cool, wrap them in plastic wrap and freeze overnight. It makes applying frosting much easier!

FOR THE FROSTING

- 3** The margarine and shortening should be room temperature. Mix them together until whipped and creamy. Add the sifted cocoa powder and mix well until it becomes a thick paste with even consistency. Add the sifted powdered sugar in batches of ½ cup at a time and incorporate well.
- 4** Combine the vanilla soy milk and vanilla extract, and add splashes to the chocolate paste. Mix very well between each splash. The result is a super thick chocolate frosting.
- 5** Frost each layer. Add a thin layer of raspberry glaze (optional) to the top of one layer. Carefully place the other frosted layer on top of the first to make the cake double layered. Add more raspberry glaze to the top if desired.

FOR THE GLAZE (optional)

- 6** Combine the raspberries and sugar in a sauce pan. Simmer on low heat until the mixture becomes clear; remember to stir occasionally to ensure that the sugar doesn't burn.
- 7** In a small cup or bowl, combine the cornstarch with the ice cold water and mix to create a milky substance. Bring the raspberries to a boil and pour in the cornstarch mixture. Stir quickly so that the raspberries form a gel-like substance. Remove the glaze from the heat and allow to cool. Pour the mixture into a blender and blend for a minute or two.

CHOCOLATE CHIP PEANUT BUTTER COOKIES



These cookies have the PERFECT texture - crisp yet chewy with just a hint of peanut butter. The best part is that they don't fall apart like many vegan cookies.

PREPARATION TIME: 30 MINUTES

COOKING TIME: 20 MINUTES

YIELD: 16 COOKIES

- 1** Preheat oven to 350 degrees. Grease two large cookie sheets with Earth Balance®. You may line the cookie sheets with foil if you prefer, and then grease the foil.
- 2** Combine the brown sugar, white sugar, oil, milk and tapioca flour in a mixing bowl. Stir well with a fork for at least 2 minutes. The consistency should be caramel-like as in the photo to the right when done.
- 3** Add the vanilla extract and rose water and stir for another minute.

- Earth Balance® Original Buttery Spread
- ½ cup brown sugar
- ½ cup white sugar
- ⅔ cup organic canola oil
- ¼ cup unsweetened soy or almond milk
- 1 tablespoon tapioca flour
- 1 teaspoon vanilla extract
- 1 teaspoon rose water
- 1½ cups all purpose flour
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 2 tablespoons peanut butter
- ¾ cup semi-sweet chocolate chips



- 4 Add the flour, baking soda and salt. Mix well until combined. Add the peanut butter and mix again. Finally, fold in the chocolate chips. The dough should be stiff.



- 5 Scoop out a ball of dough (about 3 tablespoons) and flatten in your hand as shown.



- 6 Place each cookie on the greased cookie sheet. The cookies will spread so do not place them too close together. There should be 8 cookies per sheet.

Bake for 10 minutes max. DO NOT LET THEM BURN. They should be a little brown around the edges when done. Let cool for 5 minutes on the cookie sheet and then transfer to a wire rack or mesh screen.



GRANDMA FANNIE'S PEACH COBBLER



Peach Cobbler was my absolute favorite dessert that my Mom made. I am so grateful that Kamaal learned to make it before she passed away.

I still remember watching my Mom (Grandma Fannie) in the kitchen teaching Kamaal how to make it. The memory is as fresh today as it was then...

I miss my Mom dearly, but thanks to Kamaal I don't have to miss out on her Peach Cobbler.

PREPARATION TIME: 45 MINUTES

COOKING TIME: 60 MINUTES

YIELD: 6 - 8 SERVINGS



- 12 ripe peaches, peeled and cut into eighths (you can also use 1 large can Freestone canned peaches)
- 16 oz. peach nectar
- $\frac{3}{4}$ cup cold water
- 4 Tablespoons corn starch
- 1 teaspoon cinnamon
- 1 $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon ground ginger
- 4 oz. (8 tablespoons) Earth Balance® Whipped Buttery Spread
- 4 9 inch pie crusts, uncooked
- Large, deep casserole dish

- 1 Preheat oven to 350 degrees. Put the peaches and the peach nectar in a large pot and bring to a slow simmer. Cook until the peaches are very soft then turn off heat and set aside. In a small cup, mix the cold water and the cornstarch and pour this mixture into the cooled peaches. Stir to blend.



- 2 In a bowl, mix the cinnamon, sugar, nutmeg and ginger. Set aside. Grease the casserole dish with 2 tablespoons of Earth Balance®. Tear large pieces of 2 pie crusts and line the casserole dish. They can overlap a little.



- 3 Layer the cobbler as follows: Put 1/3 of the peach mix into the casserole dish and top with 1/3 of the cinnamon and other spices. Add 2 tablespoons of sliced Earth Balance® to the top.



- 4 Take another pie crust and tear into strips (only use 1/2 of the pie crust). Lay the strips on top of the peach mixture. The strips should not be touching. Repeat this process once. For the final layer, pour the remaining peaches on top. Cover with the remaining cinnamon spice mix and the remaining butter. You should have one complete pie crust left. Take this final pie crust and tear into large pieces and arrange to that it covers most of the top of the cobbler. Bake for 1 hour.



“The thinking man must oppose all cruel customs no matter how deeply rooted in tradition and surrounded by a halo. When we have a choice, we must avoid bringing torment and injury into the life of another, even the lowliest creature; to do so is to renounce our manhood and

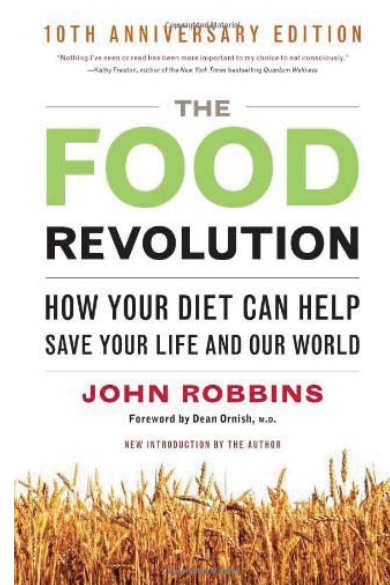
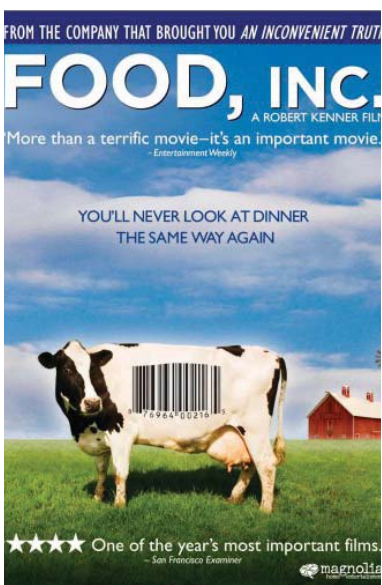
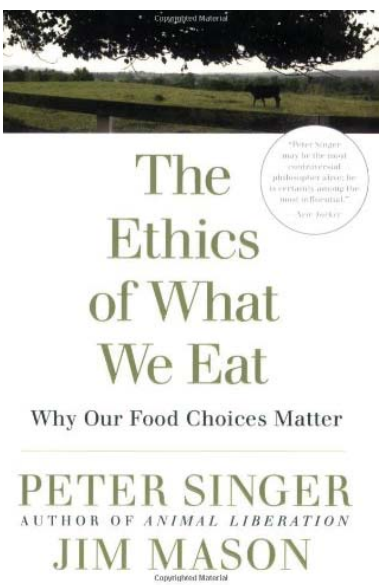
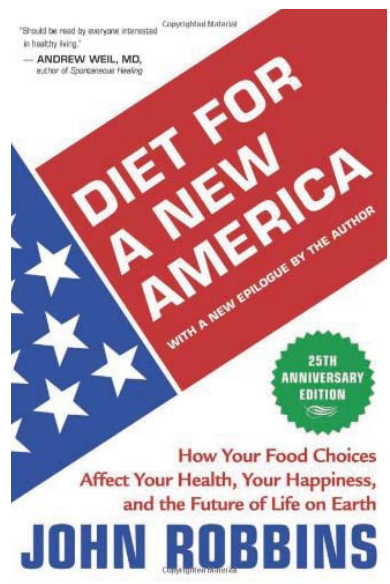
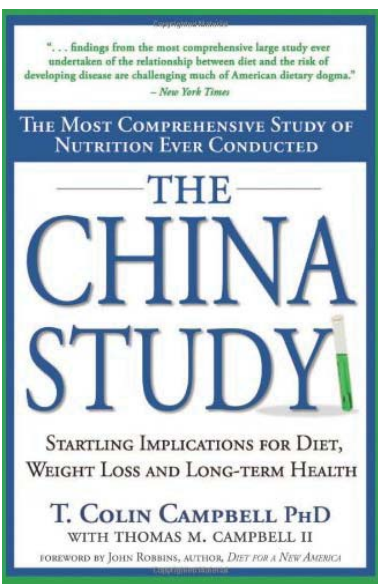
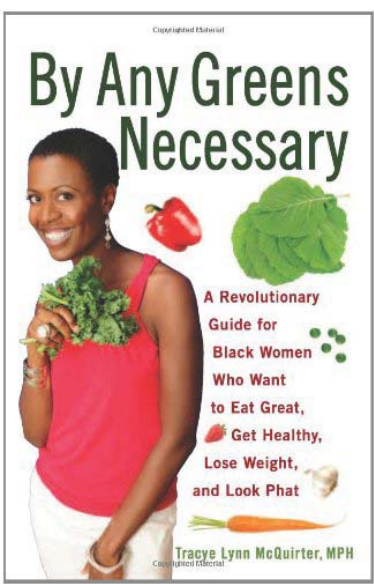
SHOULDER A GUILT WHICH NOTHING JUSTIFIES.”

ALBERT SCHWEITZER, PHILOSOPHER

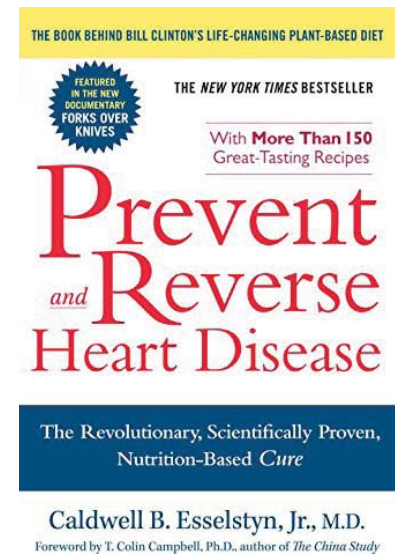
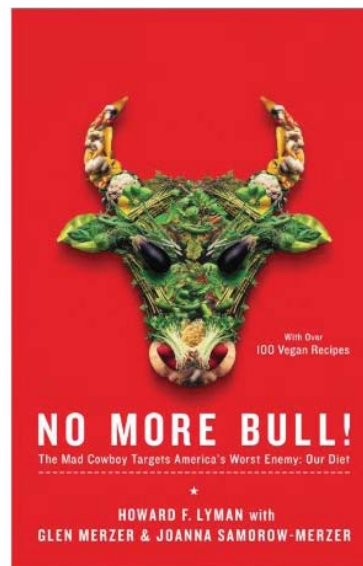
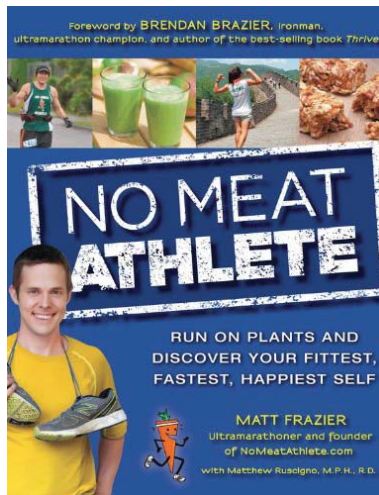
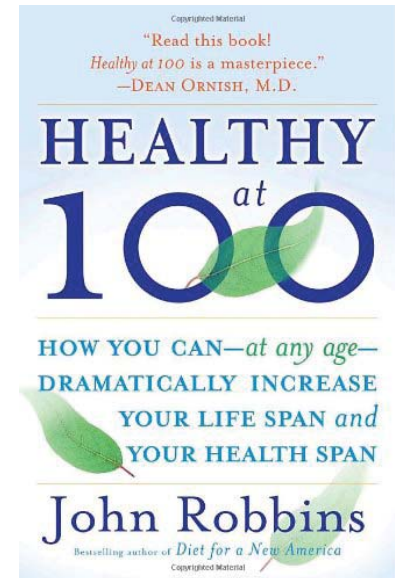
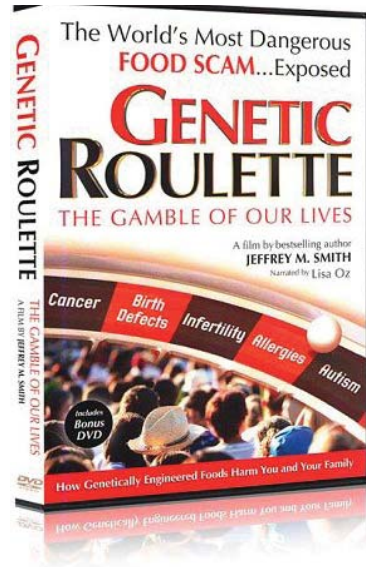
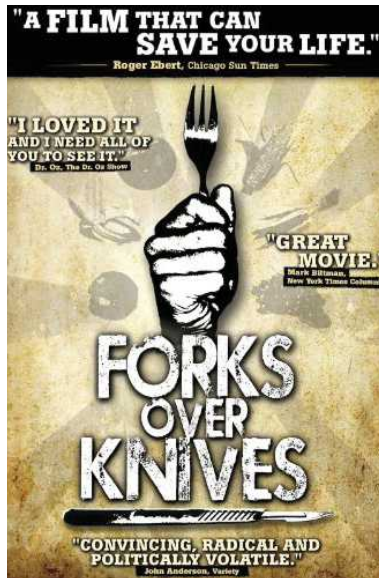
APPENDIX

RECOMMENDED READING AND RESOURCES

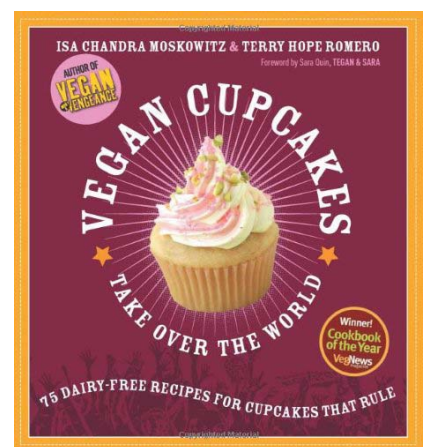
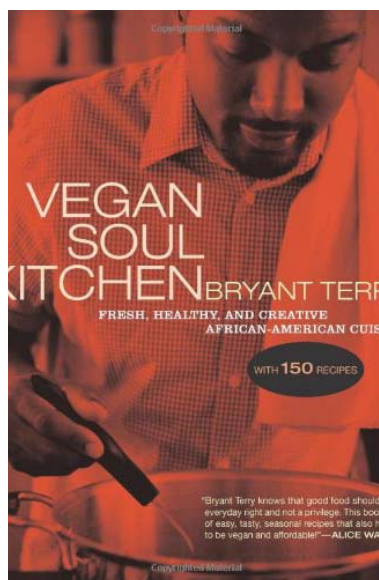
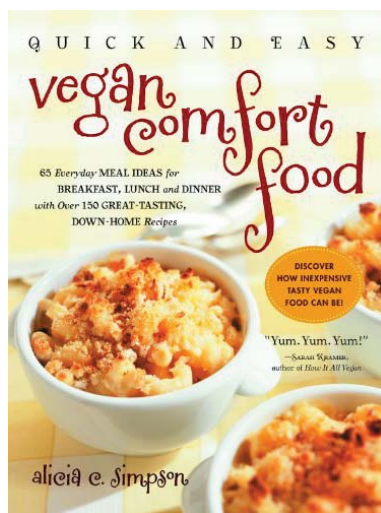
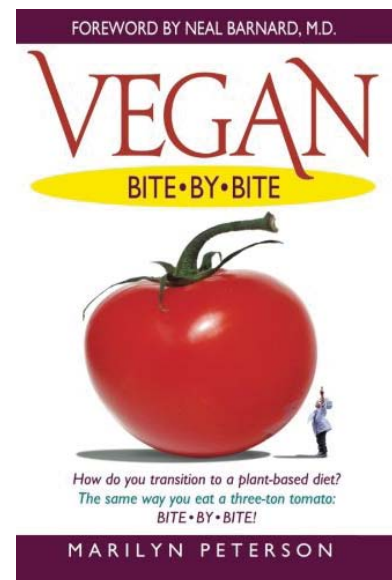
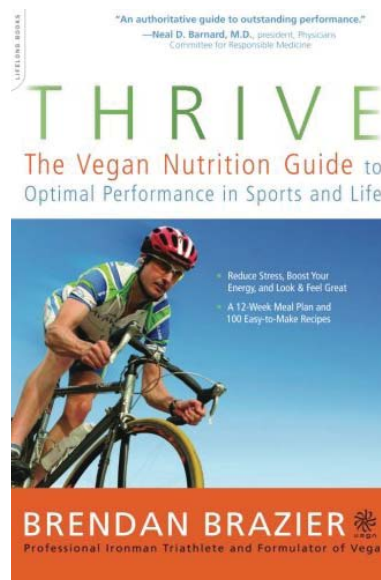
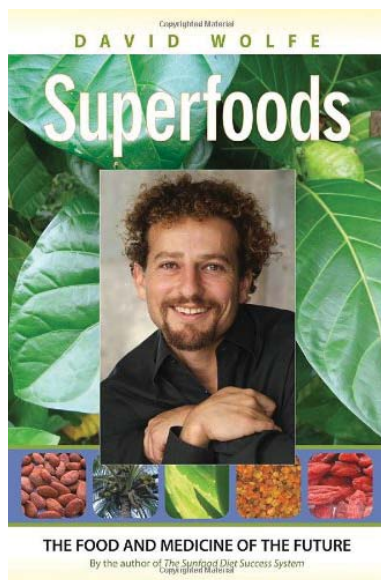
These are some of my favorite books and films. You will find information about veganism and it's benefits for your health, spirituality, and the environment.



RECOMMENDED READING AND RESOURCES - cont'd



RECOMMENDED READING AND RESOURCES - cont'd



“150 years ago, they would have thought you were absurd if you advocated for the end of slavery. 100 years ago, they would have laughed at you for suggesting that women should have the right to vote. 50 years ago, they would object to the idea of African Americans receiving equal rights under the law. 25 years ago they would have called you a pervert if you advocated for gay rights. They laugh at us now for suggesting that animal slavery be ended.

**SOME DAY THEY WON'T BE
LAUGHING.”**

GARY SMITH, VEGAN ACTIVIST

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“Being vegetarian here also means that we do not consume dairy and egg products, because they are products of the meat industry. If we stop consuming, they will stop producing. Only collective awakening can create enough

DETERMINATION FOR ACTION.”

THÍCH NHAT HANH, BUDDHIST MONK

ABOUT THE AUTHORS

Martha Theus, a Detroit native, has been vegetarian since 1985. She was introduced to the lifestyle by her husband Londale, vegetarian for spiritual reasons since 1982. When they met, the concept of compassionate eating and vegetarianism was completely foreign to her, but within a few weeks, she finally “got it”, and after a breakfast of pork chops on April 9th, 1985 she gave up meat, poultry, fish and eggs forever.

Together, she and Londale they raised their (now grown) children Kamaal and Londale Jr. as vegetarians since birth. Martha was fully vegetarian throughout both pregnancies and both Kamaal and Londale Jr. have remained vegetarian to this day. For the past five years, the family has chosen a vegan lifestyle.

As a young wife and mother, Martha’s goal was to create healthy, delicious, compassionate food that had a southern flair which reflected her roots. Over twenty years of trial and error, she and Kamaal have achieved this goal, and have written three books, *Throwin’ Down Vegetarian Style!*, *7 Day Vegetarian Starter Kit*, and most recently *The Vegan System* which is a collection of their family’s favorite quick, easy, high protein vegan soul food and ethnic recipes. Martha and Kamaal have “cracked the code”

and taken the mystery and confusion out of vegan living by providing tips and recipes that are not only healthy but also very hearty and reminiscent of many popular mainstream dishes. “*Good For The Body – Good For The Soul*” is their motto and they don’t believe you have to choose between eating “good” and eating “right.” They passionately share this mission through their books, website and as official bloggers for the Meatless Monday campaign.

Martha and Londale have been married for over 30 years and live in the Los Angeles area along with Kamaal and Londale Jr. The entire family has a passion for the arts and entertainment and enjoys participating in various productions with Londale Sr. and Jr. who are both actors. Martha travels frequently with Kamaal, a flight attendant where together they explore the world and its vegan cuisine. Kamaal is an avid fan (otaku) of anime and travels to Japan at least twice a year to steep herself in the people and the culture.

Connect on social media for more information, recipes, videos and to subscribe to their blog for the latest on the Theus family’s vegan journey.



Website/Blog: www.VeggieSoulFood.com

Facebook: facebook.com/21stCenturyVegetarians

Twitter: [@VegSoulFood](https://twitter.com/VegSoulFood)

Instagram: [@veggiesoulfood](https://www.instagram.com/veggiesoulfood)

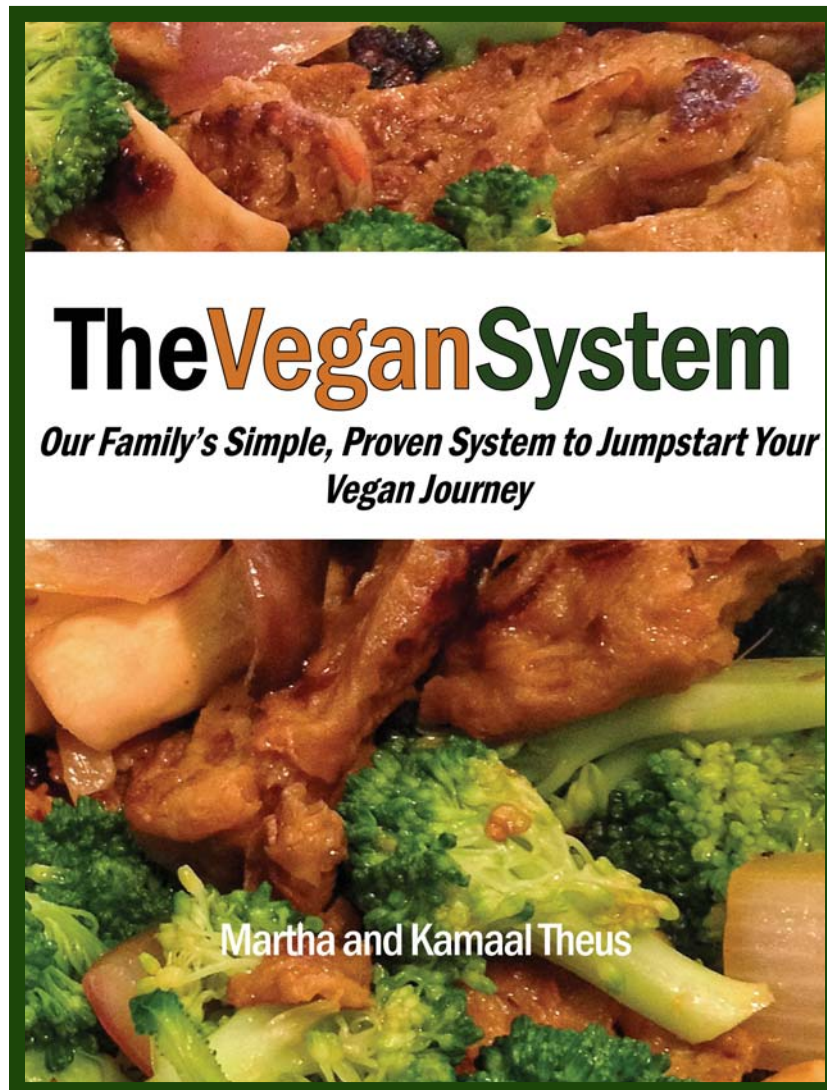
“Don't wait for a better world. Start now to create a world of harmony and peace. It is up to you, and it always has been. You may even find the solution at the

END OF YOUR FORK.”

SHARON GANNON, YOGA TEACHER, AUTHOR, MUSICIAN

The Vegan System

Also Available in Kindle and Paperback, 215 Pages, full color



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Over 100 Family Friendly Vegan Recipes - Desserts Too!

Vegan Shopping Guide with over 150 Products

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Tips for Vegan Athletes, Children and Teenagers

Also available in PDF to download and print your favorite recipes! Visit

www.TheVeganSystem.com



Mother-daughter team Martha and Kamaal Theus share their family's favorite recipes and vegan products in a super simple system they use EVERY DAY. The entire Theus family is vegetarian, beginning with Londale Sr. (since 1982) followed by Martha (1985), and Kamaal and Londale Jr. since birth.

In *TheVeganSystem* Martha and Kamaal have “cracked the code” and taken the mystery and confusion out of vegan living by providing tips and recipes that are not only healthy but also very hearty and reminiscent of Martha’s mother’s southern cooking and many popular mainstream dishes.

“*Good For The Body – Good For The Soul*” is their motto. You don’t have to choose between eating “good” and eating “right!”

www.TheVeganSystem.com and www.VeggieSoulFood.com

